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Tuesday



DOUG BENC/GETTY IMAGES

Manny Acta had a 158-252 record in Washington.

Acta Out: Last-place Nats ax skipper, tap Rigglesman | **13**

Debt Relief: Study finds drop in bill-related stress | **10**



Kidding Around:
Get a great workout coaching kids for a race | **FIT**

lookout

Alt-Rock Out:

Daughtry brings back the late '90s. Plus, a hot new album from Jack White and the Dead Weather.

>> **23-31**



OPENING DAY: Supreme Court nominee Judge Sonia Sotomayor is sworn in by Sen. Patrick Leahy on Monday for the first day of her confirmation hearings.

Sotomayor at History's Door

High court nominee vows impartiality as hearings begin

WASHINGTON | Sonia Sotomayor, the first Hispanic Supreme Court nominee in history, vowed loyalty to "the impartiality of our justice system" Monday, confronting Republican skeptics at Senate hearings suffused with racial politics but all but certain to lead to her confirmation.

"My personal and professional experiences help me to listen and understand, with the law always commanding the result in every case," Sotomayor said in her first substantive public remarks since President Obama

nominated her seven weeks ago.

Her comments amounted to a polite but firm rebuttal to Republicans who have criticized her 2001 comment that a "wise Latina woman with the richness of her experiences" might make better rulings than a white man.

Despite GOP misgivings, Democrats command a large majority in the committee and the Senate as a whole, and there

seemed virtually no doubt about the ultimate outcome. "Unless you have a complete meltdown, you're going to get confirmed," Sen. Lindsey Graham, R-S.C., told her.

Sotomayor made no overt reference to her place in history as the daughter of Puerto Rican parents who moved to New York. Instead, she said her life has been "uniquely American." "I want to make one special note of thanks to my mother," she said. "I am here today because of her aspirations and sacrifices for my brother Juan and me." (AP)

❖ **GOP's challenge:** Republican critics seek openings for attacks without alienating voting blocs | **Page 3**



WILL MANNY ACTA'S DEPARTURE MAKE THE NATIONALS A BETTER TEAM? **A** YES **B** NO

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WEDNESDAY
90/72

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WEAPONRY
Jolly Good And All That

Authorities in Bay Minette, Ala., say a gas station employee used a cricket bat to chase away a would-be robber who brandished a toy gun. The suspect entered Bee Gee's gas station Saturday afternoon and tried to use the fake weapon to steal money. The employee noticed the gun had an orange tip on the barrel and grabbed the cricket bat. The suspect then ran out of the store without any money. The 22-year-old suspect was arrested. (AP)

MORE WEAPONRY
An Arm, a Leg, a Loo

Tampa, Fla., authorities said a bullet from a gun that was accidentally dropped injured a Tampa woman sitting in a bathroom stall. Police said the bullet hit Janifer Bliss in the lower left leg. She was sitting on the toilet in a hotel bathroom when a woman in the next stall accidentally let her handgun slip out of her holster. The weapon discharged when it hit the ground. (AP)



JOE BERG/FLORIDA KEYS NEWS BUREAU/AP

STUNTS
No-Air Guitar

Bob Rowland, right, and other divers pretend to play fake guitars at the 25th Underwater Music Festival Saturday in the Florida Keys National Marine Sanctuary off Big Pine Key, Fla. The undersea concert featured a local radio station's four-hour broadcast piped beneath the sea via special underwater speakers. The event celebrated the 40th anniversary of the Beatles' "Yellow Submarine" album release and a musical tribute to pop music icon Michael Jackson. (AP)

DEPRESSING
"Last year it cost me \$41,000 to put Christmas together. ... We're still paying off last year's bills."
— **ANDREW SPADAFORA**, WHO SAID FRIDAY HE CAN NO LONGER AFFORD HIS WILDLY POPULAR HOLIDAY LIGHT DISPLAYS IN SUBURBAN NEW YORK.

IT COULD HAPPEN TO ME!
Woman Validates Lottery Losers
Brenda Bailey is still on a roll. This week, the 60-year-old South Charleston, W.Va., woman claimed her ninth West Virginia Lottery prize, \$7,000 in the Gem 7s instant game. That brings her total winnings since last September to \$159,000 from five instant tickets. Lottery officials say Bailey has claimed a total of \$165,800 in prizes from instant and online games since 2000. She's not the only lucky one in the family. Her husband, Richard, claimed a \$6,000 instant game prize in January and a \$10,000 prize last September. (AP)



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In Brief

WASHINGTON
McCain Tries to Remove F-22 Funds From Budget

Sen. John McCain, in an unusual alliance with the Obama administration, moved Monday to eliminate \$1.75 billion recently inserted into the proposed 2010 defense budget for more fighter jets from Lockheed Martin. The White



McCain

House has threatened to veto any defense spending bill that includes money for more F-22s. McCain, R-Ariz., supports that position and warned that he may not have enough support to get his amendment passed. Sen. Carl Levin, D-Mich., joined McCain in filing the amendment. (AP)

GRAND CANYON, ARIZONA
Man Drives Over Canyon's Edge, Plunges to His Death

Authorities say a man drove over the edge of the Grand Canyon and plunged 600 feet to his death. Grand Canyon National Park spokeswoman Shannan Marcak says rescue personnel found the vehicle and the body of a male below the South Rim. The incident happened at about 6 a.m. Monday near the El Tovar Hotel. (AP)

Senate Republicans Tread Carefully

GOP risks alienating key voting blocs with Sotomayor questions

WASHINGTON | Senate Republicans came to praise Sonia Sotomayor but not necessarily to vote for her.

That was the straddle that GOP members of the Senate Judiciary Committee attempted at the opening of hearings Monday on the woman who would be the first Latina to sit on the Supreme Court. Seizing on their best chance to reach the American public since Barack Obama won the White House, they criticized Sotomayor harshly — but only after offering her warm welcomes and plaudits designed to avoid alienating Hispanics and women.

Sen. Lindsey Graham, R-S.C., summed it up this way as the two parties began their war of words over Sotomayor: “The Hispanic element of this hearing is important, but I don’t want it to be lost — this is mostly about liberal and conservative politics.”

Unfortunately for the GOP,



Sonia Sotomayor's confirmation hearings for the Supreme Court began Monday.

it's tough to separate Sotomayor's personal characteristics from the debate over her confirmation. The visual in the packed Capitol Hill hearing room reinforced that point. The all-white, all-male Republican contingent on the panel faced a Hispanic woman —

who, on top of everything else, has a broken ankle that has her limping through Senate hallways and occasionally elevating her foot to prevent swelling.

Republicans acknowledge privately that their only hope for benefiting politically from Sotomayor's

confirmation hearings is if they're able to put Democrats from conservative-leaning states in a tough position for backing her.

Unfortunately for the GOP, it's tough to separate gender and race from the process.

To that end, they'll focus on charges by gun rights activists that Sotomayor is hostile to the Second Amendment.

“Americans need to know whether you would limit ... the scope of the Second Amendment,” said Sen. John Cornyn, R-Texas.

Of course, Cornyn, who leads his party's campaign committee and whose own constituents are one-third Hispanic, is as conscious as anyone that he can't come across as targeting Sotomayor because of her race or gender.

“Your nomination,” Cornyn said, “should make us all feel good as Americans.” JULIE HIRSCHFELD DAVIS (AP)



PETS Happy or Hungry? A cat's purr normally says, “I'm happy.” But a new study suggests some purrs send cat owners a much different message: “Feed me!” Researchers found that purrs of hungry cats included a higher-pitched sound. They played recordings of those purrs to 50 human volunteers, and even people who'd never owned a cat found them to be more urgent and less pleasant than contented purrs. These food-seeking purrs may exploit the way humans respond to a baby's cry, the researchers suggest. (AP)

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Nation

Fla. Break-In Seen on Tape

Sheriff: 8 people may have been involved in killing couple at home

PENSACOLA, FLA. | A team of up to eight people masterminded a chilling and deadly break-in at the home of a Florida couple known for adopting children with developmental disabilities, a sheriff said Monday.

Melanie and Byrd Billings were fatally shot Thursday while nine of their children were home. One child left to alert a neighbor, who called 911. Several children saw the intruders but were not hurt, Escambia County Sheriff David Morgan said.

Morgan said robbery was one of "numerous motives," though he did not elaborate.

Authorities have already arrested three people and say up to five



Byrd and Melanie Billings are seen with their children at their home in Beulah, Fla., in 2005. The couple, who were killed at home on Thursday, had 16 children in all.

more may have been involved.

The break-in was captured by an extensive surveillance camera system that the Billingses used to keep tabs on their children.

Morgan on Monday showed surveillance video that captured men in "ninja garb" entering the back of the home

"I think you'll find this particularly chilling, and here's why: We have a team that enters at the rear of the home and another that enters at the front of the home," Morgan said. He said the suspected mastermind of the break-in was among the three people in custody.

MELISSA NELSON (AP)

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Nation

Rural Doc Is Obama's Pick

President nominates Ala. physician to be next surgeon general

WASHINGTON | President Obama turned to the Deep South for the next surgeon general, choosing a rural Alabama family physician who made headlines with fierce determination to rebuild her non-profit medical clinic in the wake of Hurricane Katrina.

Dr. Regina Benjamin is known along Alabama's impoverished Gulf Coast as a country doctor who makes house calls and doesn't turn away patients who can't pay — even as she's had to find the money to rebuild a clinic repeat-



President Obama introduced Dr. Regina Benjamin at the White House Monday.

edly destroyed by hurricanes and once even fire.

"For all the tremendous obsta-

cles that she has overcome, Regina Benjamin also represents what's best about health care in America: doctors and nurses who give and care and sacrifice for the sake of their patients," Obama said.

Benjamin called the job "a physician's dream" and pledged to be a voice for patients in need — and to fight the preventable diseases that claim many lives each year, including nearly her entire family.

"I cannot change my family's past. I can be a voice in the movement to improve our nation's health care and our nation's health," Benjamin said. "I want to be sure that no one falls through the cracks as we improve our health care system." LAURAN NEERGAARD (AP)

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THE TOTAL federal budget deficit for fiscal 2009, the Treasury Department reported Monday. The deficit has been inflated by the huge sum the government has spent to combat the recession, combined with a decline in tax revenues and continuing war costs. (AP)

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Japan's PM Struggles for Power

Aso announces early elections after party suffers crushing losses

TOKYO | The political party that has governed Japan for the last 50 years could be ousted from power in national elections next month — with the opposition boosted by worries over the economy and gaffes by the ruling party.

Prime Minister Taro Aso's Liberal Democratic Party was dealt a crushing defeat over the weekend, losing its majority in a Tokyo municipal election while the opposition made substantive gains.

His announcement Monday that



Japanese PM Taro Aso speaks in Tokyo after dissolving parliament Monday.

he was dissolving parliament and scheduling elections for Aug. 30 increased the likelihood that the

“The issue here is which party can really protect the people's lives and the country?”

—TARO ASO
JAPANESE PRIME MINISTER

main opposition could take over the lower house of Parliament. The upper house is already controlled by the opposition bloc.

The Liberal Democrats, who have governed Japan for the past 50 years, except a brief period in 1993, have been struggling to maintain their grip on power.

Over the past few years, the party has seen a revolving door of prime ministers, with Aso's two predecessors lasting less than a year. Aso, too, has failed to revitalize the party, which many say has been in power too long to energize voters seeking change in the face of the financial downturn.

In a move that could further malign Aso's battered party, the Democratic Party and three other opposition parties jointly submitted a no-confidence motion to parliament on Monday. The motion, to be voted on Tuesday, was to have little real effect other than to embarrass the party and delay talks on pending bills. **MARI YAMAGUCHI (AP)**

In Brief



Police officers try to avoid burning fuel at a riot in Belfast, Northern Ireland.

BELFAST, NORTHERN IRELAND Catholics Riot in Effort To Block Protestant Parade

Masked and hooded Belfast Catholics hurled gasoline bombs, fireworks and other makeshift weapons at police Monday as the most bitterly divisive day on the Northern Ireland calendar reached an ugly end. Several rioters and at least two officers were injured. Irish nationalists in Ardoyne, a militant Catholic, were trying to block a parade by the Orange Order, a major Protestant brotherhood. **(AP)**

TBILISI, GEORGIA Russian President Cheered In Separatist Georgian Zone

Russian President Dmitry Medvedev was greeted by raucous crowds chanting “Thank you!” when he visited South Ossetia on Monday in a trip showing off Russia's ties to the breakaway Georgian region. Georgian officials called the visit — the first by Medvedev since last year's war between Russia and Georgia — a provocation. **(AP)**

URUMQI, CHINA Chinese Police Fatally Shoot 2 Uighurs in Xinjiang

Police fatally shot two Uighur men and wounded a third Monday in western China, where violence has persisted despite the massive numbers of troops sent to restore calm more than a week after deadly ethnic rioting. It was the first time the Chinese government has acknowledged that its security forces opened fire since communal violence hit the restive Xinjiang region on July 5. **(AP)**

Former Liberian Leader to Testify At Hague Trial

THE HAGUE, NETHERLANDS | Former Liberian president Charles Taylor will take the stand Tuesday to assert that he was trying to bring



Taylor

peace to Sierra Leone with his actions during a civil war that left hundreds of thousands dead or mutilated, his attorney said Monday.

The first African head of state to be tried by an international court is charged with 11 counts of murder, torture, rape, sexual slavery, using child soldiers and spreading terror. Prosecutors at the U.N.-backed court say he backed Sierra Leone rebels to help gain control of the neighboring country and strip it of its vast mineral wealth. **(AP)**

PAKISTAN | HOMECOMING



REFUGEES' RETURN: Pakistani children whose families fled fighting in the Swat Valley return to their homes in Shergarh, Pakistan, Monday. After weeks of living in sweltering camps due to fighting between the army and Taliban militants, some of the 2 million refugees began their journeys home. The army said most of Swat is cleared of militants.

MOHAMMAD SAJJAD/AP

ACCLAIM Holy Endorsement The Vatican lauded the latest “Harry Potter” film on Monday, saying “Harry Potter and the Half-Blood Prince” made the age-old debate over good versus evil crystal clear. The Vatican newspaper *L'Osservatore Romano* even gave two thumbs up to the film's treatment of adolescent love, saying it achieved the “correct balance.” The paper said the film, which opens Wednesday, was the best adaptation yet of the J.K. Rowling series about Harry Potter and his Hogwarts chums as they battle the evil sorcerer Voldemort. **(AP)**



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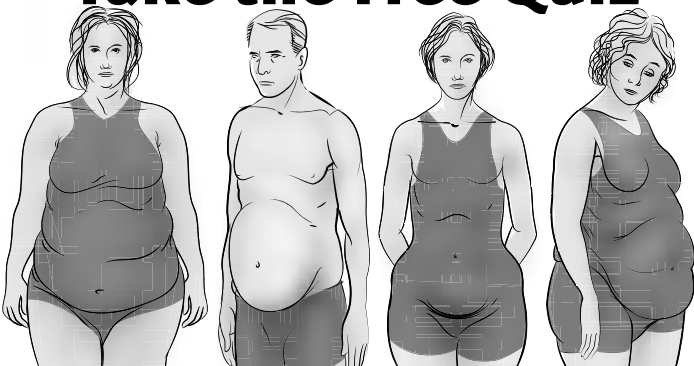
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World

Nazi Suspect Is Charged

Germany accuses U.S.
resident in murders
of 27,900 in Poland

MUNICH | The legal saga of John Demjanjuk neared its final chapter as prosecutors set the stage for one of Germany's highest-profile war crime trials in years — formally charging the retired U.S. auto worker Monday with involvement in the murders of 27,900 people at a Nazi death camp.

The Ukrainian-born Demjanjuk was once sentenced in Israel to death, then acquitted by the country's Supreme Court in 1993 of being the notorious "Ivan the Terrible" at the Treblinka death camp. Now the 89-year-old stands accused of being part of the death machine at another camp in Poland — Sobibor — and a Ger-



John Demjanjuk, seen in 2005, was charged with a role in 27,900 murders.

many more than 60 years removed from World War II will revisit the demons of its past once again.

For Germany, the decision to try Demjanjuk was swift: Formal charges relating to his alleged time as a Sobibor guard in 1943 were

filed just two months after Demjanjuk landed in the country after a fruitless court battle to avoid deportation from the U.S., where he had lived in Ohio since 1993.

Filing charges typically takes several months in Germany. Monday's move underlined authorities' determination to move forward with efforts to exact justice for Nazi-era atrocities.

"The effort to bring Demjanjuk to justice sends a very powerful message that the passage of time in no way diminishes the guilt of the perpetrator," said the top Nazi-hunter at the Simon Wiesenthal Center, Efraim Zuroff.

The Munich state court must now decide whether to accept the charges and set a trial date. Court spokeswoman Margarete Noetzel said the trial was unlikely to start before the fall. ROLAND LOSCH (AP)

CRIMINAL PAST? | DEMJANJUK'S LEGAL SAGA

1981 U.S. revokes Demjanjuk's citizenship after alleging he hid his past as Nazi camp guard "Ivan the Terrible."

1988 Israel sentences Demjanjuk to death for war crimes in the Treblinka death camp. The ruling is overturned in 1993.

1999 U.S. Justice Dept. files civil complaint vs. Demjanjuk alleging he was a Nazi guard in Poland.

2009 After a long battle to avoid deportation from U.S., Demjanjuk is sent to Germany to face murder charges.

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Report: Kim Has Cancer

Analysts doubt claim N. Korea leader faces life-threatening illness

SEOUL, SOUTH KOREA | North Korea's authoritarian leader Kim Jong Il is suffering from pancreatic cancer and is not expected to live more than five years, a news report said Monday, the latest speculation to emerge about his health after he reportedly suffered a stroke last year.

Analysts, however, were skeptical, saying Kim's increasing appearances in public this year suggest that he is unlikely to be suffering from cancer.

South Korea's YTN television



North Korean leader Kim Jong Il appears in 2007, left, and on July 1 of this year.

reported that the 67-year-old strongman was diagnosed with pancreatic cancer around the time

he collapsed due to a stroke — reportedly in August last year.

YTN quoted unidentified intelligence officials in South Korea and China as saying the disease is “threatening” Kim's life. Details were few, however, and the report offered no information on why the sources think Kim has cancer.

Kim's physical condition has been the focus of intense media speculation due to concerns about a possible political power struggle in the North if he were to die without naming a successor.

It has been widely reported that Kim's third and youngest son, Kim Jong Un, is being groomed as the heir, but the regime has made no announcement to the world. (AP)

3 Survive 25 Days in Chinese Mine

BEIJING | Three miners survived 25 days trapped in a flooded mine in southern China by drinking dirty water and chewing coal before rescuers burrowed through a collapsed tunnel to reach them, state media said Monday.

The men and 13 others became stuck when the Xinqiao Coal Mine flooded June 17. On Sunday, rescue workers digging into the mountainside cleared a path to the miners and saw their lights, which still gave off a dim glow, said Wang

Guangneng, a Communist Party spokesman in the Guizhou province county of Qinglong.

The miners stayed alive by drinking water that seeped through the earth, Wang said. The official Xinhua News Agency cited a rescuer saying that oxygen was also able to circulate in the tunnel. (AP)

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Poll: Debt Fears Receding in U.S.

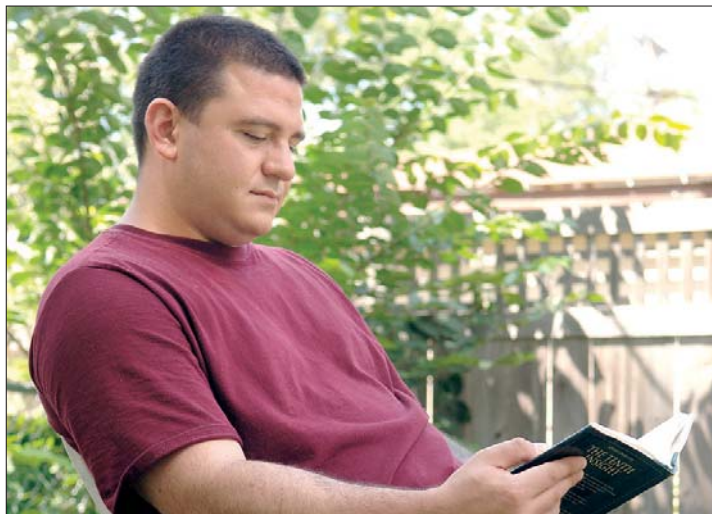
Recession has forced Americans to spend less and save more

WASHINGTON | Unemployment is rising. Nest eggs are in tatters. Home values have tanked. And yet, surprisingly, Americans are feeling less stress from debt these days.

Chalk it up to the power of positive thinking, combined with people's saving more and trimming debt to cope with the recession.

The upshot is that more people are optimistic that they'll eventually be able to get out from under a mountain of bills, a major factor behind the decline in stress from last year, according to a new Associated Press-GfK poll.

Debt-related stress was 12 percent lower this year than in 2008, according to the poll. "People now



Chris Norton of Robbinsdale, Minn., says his family's debt situation has improved.

have some optimism that the worst is behind them," said Paul J. Lavrakas, a research psychologist.

The recession is prompting Americans to take steps to get their finances in better shape. Last

year, 33 percent of Americans said they were at least "somewhat concerned" that they would never be able to pay off their debts. That's dropped to 27 percent this year, the poll shows.

19

The percentage of people who said they use their credit cards to buy what they want even if they don't have the money, down from 25 percent last year.

Other encouraging changes: The proportion of people saying they worry all or most of the time about debt fell to 19 percent, from 24 percent last year. And the share of people who hardly ever fret or don't worry at all about debt grew to 47 percent, from 41 percent last year.

Chris Norton, 32, said he's much less stressed about debt.

"The debt that we have accumulated ... it's gotten knocked down to a reasonable place," said Norton. "We have the state of mind that, if we keep plugging in the right direction, it will kind of work out."

JEANNINE AVERSA (AP)

Bloom Replacing Rattner as Auto Task Force Head

WASHINGTON | Steven Rattner, head of the Obama administration's auto task force, is leaving



Bloom

that post and will be replaced by former steelworkers official Ron Bloom.

Rattner won praise for the job he did managing the massive restructuring of General Motors and Chrysler. But his government service came under a cloud with an investigation of an influence peddling scandal back in New York.

Authorities have said that Rattner was unlikely to face charges in the investigation, which involved a state pension fund that provides benefits for more than 1 million government employees. (AP)



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Entrepreneur
(1867-1919)



Abraham Lincoln
16th President
(1809-1865)



Sara Jones
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(Present day)

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In Brief

WASHINGTON
NTSB Urges Metro to Make Improvements to Safety

Federal investigators are urging Metro to continuously monitor its computerized train control system after last month's deadly crash. Metro has said its signaling system was typically tested each month before the June 22 crash that killed nine people. The NTSB is calling on Metro to develop a system that would continuously evaluate the control system and immediately alert the operations control center of problems. (AP)

Bus Driver Caught Reading on Job**Officials seek to ID Ride On operator in passenger's photo**

Montgomery County transit officials are trying to identify the Ride On bus driver caught on camera reading a book while driving.

"We are going to aggressively pursue this in the strongest way possible and take the strongest appropriate action," county spokeswoman Esther Bowring

said Monday. "This is just unacceptable, if this is really what was happening."

A 34-year-old Silver Spring woman provided Channel 7 with photographs she said were taken Friday night on Bus 38. The woman told a correspondent for the station that the driver read for most of the roughly 20 minutes she rode on the moving bus.

Bowring cautioned against jumping to conclusions. County officials said they were not aware



A Ride On passenger snapped this picture of a driver Friday night on Bus 38.

of any previous complaints about operators being distracted by cell-phones or books.

The photographs emerge as commuters pay increasing attention to the people who drive their buses and operate their trains in the wake of the June 22 Metro crash that killed nine.

A zero-tolerance policy went into effect Monday for all Metro operators caught using mobile devices while on the job. JAMES HOHMANN (THE WASHINGTON POST)

DULLES, VA. | JONASES HIT FIELD TO RAISE MONEY

LOYAL LEGION: Annie Neurlher, 11, of Greensburg, Pa., screams for the Jonas Brothers during their visit to the AOL campus in Dulles, Va., where they played softball Monday. The band was in town for a Monday show at the Verizon Center. The game was a fundraiser for its Change for the Children Foundation.



Ex-Virginia delegate Dick Black shows a replica of the "Choose Life" plates in '98.

RICHMOND, VA.
590 Apply for Va.'s New 'Choose Life' License Plate

The Virginia Department of Motor Vehicles says it's received nearly 600 applications for the state's new "Choose Life" specialty license plate. The plate became available through the DMV on July 1. Lawmakers approved the plate this year and Gov. Timothy M. Kaine signed the legislation, over objections by abortion rights advocates (AP)

ROCKVILLE, MD.
Catholic Priest Convicted Of Abusing Md. Altar Boy

A Roman Catholic priest has been convicted in Rockville of sexually abusing an altar boy at a Germantown church more than seven years ago. The Rev. Aaron Cote will be sentenced Oct. 14 to 10 years of probation — five of them supervised. The former part-time youth minister at Mother Seton parish also must register as a sex offender under the plea agreement announced Monday. (AP)

The Lotteries**Monday, July 13****DISTRICT**

Mid-day Lucky Numbers	0-4-8
Evening Lucky Numbers (Sun.)	0-0-0
Mid-day DC 4	0-4-7-0
Evening DC 4 (Sun.)	9-1-9-9
Rolling Cash Five (Sun.)	8-10-12-20-32
Daily 6 (Sun.)	1-11-17-30-36-38 (27)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	1-2-2
Evening Pick 3 (Sun.)	9-5-5
Mid-day Pick 4	5-7-2-7
Evening Pick 4 (Sun.)	1-3-5-5
Match 5 (Sun.)	1-14-20-21-31 (11)

VIRGINIA

Mid-day Pick 3	2-0-2
Evening Pick 3 (Sun.)	7-7-0
Mid-day Pick 4	5-9-0-7
Evening Pick 4 (Sun.)	5-8-5-8
Mid-day Cash 5 (Sun.)	3-14-28-33-34
Evening Cash 5 (Sun.)	4-21-24-26-30

D.C. Students Make Reading, Math Gains

D.C. public school students continued to make gains in reading and math skills this year, according to preliminary results of the annual District Of Columbia Comprehensive Assessment System (DC-CAS) tests released Monday.

Nearly half the District's public elementary students (49 per-

cent) scored at proficiency levels in reading and math. Last year, 46 percent of students achieved proficiency in reading, and 40 percent were proficient in math.

In 2007, fewer than a third of elementary students were proficient in either category. BILL TURQUE (THE WASHINGTON POST)

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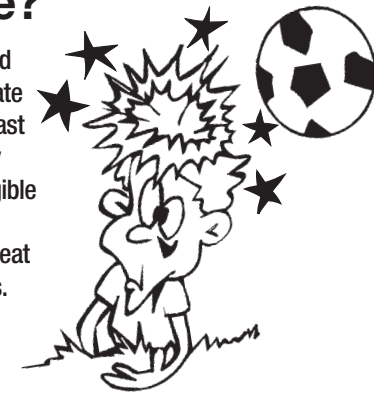
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“The reason this took so long is because we respected him so much. Others would have done it much sooner.”

NATIONALS PRESIDENT STAN KASTEN, ON MANNY ACTA'S FIRING. “WE CONTINUED TO THINK MANNY COULD BE A LONG-TERM SOLUTION,” KASTEN SAID.



CHRISTIAN PETERSEN/GETTY IMAGES

Manny Acta was fired as the Nationals' manger Sunday night, ending a 2.5-year tenure marked with many more losses than wins. The Nationals are 26-61 this season.

Swengali

NATIONALS | BY MATT SWENSON

Acta Never Stood A Chance in D.C.

MANNY ACTA had Jim Bowden to thank for his job, just as he has Bowden to blame for his firing.

Bowden tapped Acta to lead the last-place Nationals two and a half seasons ago. Acta is leaving not just a bad team, but the worst team in baseball.

The horrid fielding is something that the manager can be faulted for, yet the list of all the Nationals' problems is not Acta's fault.

Bowden built a lousy club. He never followed team President Stan Kasten's rebuilding plan, and, worse, he convinced the Lerner

His dignity in the dugout showed that this could be a first-class organization someday.

family he was doing a good job.

It took a scandal over a prospect's identification for the Nationals' owners to notice their general manager couldn't build a bullpen, let alone a competitive team.

Since then, Kasten and acting GM Mike Rizzo have been cleaning up Bowden's mess. A new start was needed, and that meant Acta would have to go at some point.

No one blames Acta for the Nats' 26-61 record. If anything, his dignity in the dugout showed that this could be a first-class organization someday. He never had a chance to succeed here. When Acta gets another job, hopefully, it will be with a better squad.

The Nats are taking a new shape. Now that the general manager and manager have been fired, can the Lerner's show they've learned from their mistakes?

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Losses Add Up to Acta's Firing

Nats' ax falls halfway through terrible year; Rigglesman takes over

NATIONALS | In the end, Manny Acta couldn't find a way to get the Washington Nationals to win very often, and, as a result, bench coach Jim Rigglesman will get a chance.

During a news conference Monday, Nationals President Stan Kasten and interim General Manager Mike Rizzo said the decision to fire Acta and replace him with Rigglesman on an interim basis was based on the team's performance. Washington headed into the All-Star break having lost six of its last seven games and with the worst record



THE RIGGLESMAN FILE

Jim Rigglesman, who grew up in Rockville, Md., has served as the Nationals' bench coach this season. He's a baseball veteran who has had three managerial stints prior to his latest opportunity. Known as a disciplinarian, Rigglesman's success has been mixed. His career record is 522-652.

(26-61) in the majors.

“I do believe that we kept, for a while now, kept thinking this was going to turn around, that we were going to start playing better,” Rizzo said. “We always continued to underachieve, in my opinion.”

In a statement, Acta said: “I want to thank the Washington Nationals for giving me the opportunity to be a major league manager. It was a great learning experience. I have no regrets.”

Acta's job status was the subject of much debate, and those in and out of the organization questioned whether his unfailingly calm approach matched the needs of a sloppy, error-prone team. The team's second manager since the relocation from Montreal had a 158-252 record in two and a half seasons.

“How I hate this day. I hoped it would never happen,” Kasten said. “The reason this took so long

THE GARBAGE PAIL KIDS

The Nationals are near the bottom of just about every major stat this season, from wins on down:

CATEGORY	STAT	RANK
WINS	26	LAST
ERA	5.21	29TH
RUNS ALLOWED	489	29TH
OPP. BA	.281	29TH
OPP. OBP	.361	LAST
OPP. SLG. %	.446	27TH
WILD PITCHES	42	28TH
SAVES	14	LAST
SAVE %	41.2	LAST
BULLPEN ERA	5.71	LAST
ERRORS	82	LAST
UNEARNED RUNS	47	T-LAST

is because we respected him so much. Others would have done it much sooner.” CHICO HARLAN AND MARK VIERA (THE WASHINGTON POST)

D.C. COACHES | A CONSTANTLY CHANGING CREW

WASHINGTON CAPITALS



Bruce Boudreau Hired Nov. 22, 2007.

Reached playoffs both years; Named coach of the year for 2007-08 season.

WASHINGTON REDSKINS



Jim Zorn Hired Feb. 11, 2008. Zorn went

8-8 last year, missing the playoffs. He's the sixth coach under Dan Snyder.

WASHINGTON WIZARDS



Flip Saunders Hired April 22, 2009. His

predecessor, Eddie Jordan, was fired Nov. 24, 2008. Ed Tapscott was interim coach.

D.C. UNITED



Tom Soehn Hired Dec. 21, 2006. In team's

13.5-year history, two coaches took national team jobs, and two others were fired.

WASHINGTON MYSTICS



Julie Plank Hired Nov. 6, 2008. The team

has had 11 coaches in 12 years and has made the playoffs only four times.

Sports

The Knuckleball Finally Pays Off

At 42, Wakefield is an All-Star for the 1st time in MLB career

BASEBALL | Orlando Cabrera watched Tim Wakefield's knuckleball weave through the air.

It fluttered slowly to the left, then right, then left again — all on a single pitch. Cabrera held only a baseball bat when he could have used a butterfly net.

"I look at him and just smile," Oakland's shortstop and Wakefield's teammate on Boston's 2004 championship team said after Wednesday night's frustration. "I'm, like, 'I can't hit that. Keep

throwing it. I can't hit that.'" So many hitters have the same problem that, finally, in his 17th major league season and 15th with the Red Sox, the pitcher with the calm demeanor and quirky pitch is headed for his first All-Star Game Tuesday in St. Louis.

"You go and play professional baseball, and you always want to make an All-Star team," the 42-year-old Wakefield said. "I'm very excited about it."

Current and former teammates and managers are delighted. They praised Wakefield's unselfishness and steadying influence in the clubhouse and on the mound — where he's willing to throw as



Wakefield's former pitching coach said of his All-Star pick, "It was long overdue."

long as necessary to rest an overworked bullpen. He even pitched in relief between starts in 2003 and 2004.

Johnny Damon, a former teammate and now an opponent with the New York Yankees: "When it's on, it's almost impossible to hit. ... He's been able to call himself a two-time champion. But an All-Star is something as a player you always want people to notice."

Joe Kerrigan, Wakefield's former pitching coach and manager, and the current pitching coach for Pittsburgh said: "I think it was long overdue. ... He has really defined the art of the knuckleball."

HOWARD ULMAN (AP)

Aces Halladay, Lincecum Named All-Star Starters

BASEBALL | Lincecum and Roy Halladay were selected Monday as the starting pitchers for the All-Star Game.

Last year's NL Cy Young Award winner, Lincecum is 10-2 with a 2.33 ERA for the San Francisco Giants. He will get the ball Tuesday night at Busch Stadium, NL manager Charlie Manuel announced.

Lincecum made the All-Star team last year but was unable to pitch because he was ill. "This is a great accomplishment for me," Lincecum said. "I think tomorrow the big thing is going to be just getting to the field. And after that, just getting on the field." (AP)



Lincecum



OBAMA Finally, Someone Who Can Shut Up McCarver President Obama will be in the Fox broadcast booth for Tuesday night's All-Star Game. Fox spokesman Lou D'Ermilio said Monday that Obama will join Joe Buck and Tim McCarver for the telecast from Busch Stadium for one inning, but that the inning had not yet been determined. Obama is scheduled to throw out the ceremonial first pitch, and Cardinals first baseman Albert Pujols will be on the receiving end. (AP)



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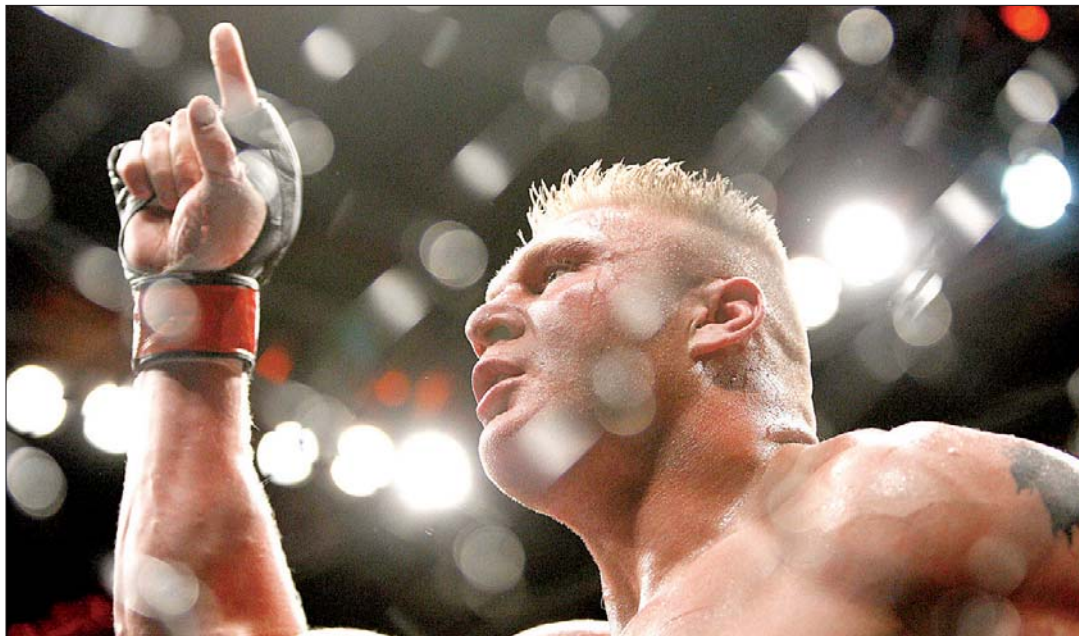
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Sports



Former WWE star Brock Lesnar dominated in the Octagon Saturday night in Vegas but was criticized for poor sportsmanship.

Reality Check for Lesnar

MMA star slammed for his wrestling-like antics after title bout

MMA | Brock Lesnar is well on his way to becoming mixed martial arts' biggest name. As he showed in UFC 100, he's already its biggest jerk.

That's certainly good news for the UFC's bottom line, since fans of any sport love to hate a proper villain. It's not so good for the mainstream image of a sport that publicly claims it wants nothing to do with its heavyweight champion's pro wrestling-style theatrics in the main event at the league's landmark event Saturday night.

Lesnar refused to touch gloves with Frank Mir before his second-round stoppage in his first title defense. Then Lesnar (4-1), who lost to Mir last year, taunted his

“This isn't the WWE. I'm not trying to get someone to act all crazy so we'll do more pay-per-views.”

—DANA WHITE
UFC PRESIDENT

fallen opponent while Mir still sat on his stool, his face bloody and swollen. When the Man-

dalay Bay crowd booed, Lesnar made a two-handed obscene gesture, followed by a rambunctious interview in which he insulted a prominent UFC sponsor and made an off-color comment about his own wife.

“This isn't the WWE,” UFC president Dana White said. “I'm not trying to get someone to act all crazy so we'll do more pay-per-views.”

After being chastened by White, Lesnar quickly regretted his bad-boy behavior. “I come from a business that is purely entertainment. I screwed up, and I apologize,” said Lesnar, who left the WWE several years ago. GREG BEACHAM (AP)

Bivens Forced Out as LPGA Chief

WOMEN'S GOLF | Carolyn Bivens is out as commissioner of the LPGA Tour, and Marsha Evans will take over as acting commissioner while the organization looks for a replacement.

Bivens, who took over in 2005, came under pressure when some players wrote a letter to the LPGA Tour's board of directors calling for her resignation. The tour announced her departure Monday. (AP)

TODAY'S TV LINEUP

BASEBALL (8 P.M. ON FOX) Can the American League continue its dominance in the All-Star Game?

CYCLING (8:30 A.M. ON VERSUS) The Tour de France resumes.

11 THE NUMBER OF Stanley Cups Jacques Lemaire has won as a player, coach and executive in the NHL. He'll seek a 12th championship, after agreeing on Monday to return as head coach of the New Jersey Devils, who he led to the Cup in 1995. Lemaire, 63, most recently coached the Minnesota Wild. (AP)

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High Blood Pressure

Increased Risk in Minorities

Research shows that high blood pressure is often more common in minority groups and starts at an earlier age. When left uncontrolled, high blood pressure can lead to stroke, heart attack and kidney disease.

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For more information, contact:

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email: moodresearch@mail.nih.gov

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

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(TTY: 1-866-411-1010)
<http://patientinfo.nimh.nih.gov>
www.clinicaltrials.gov

Participants should:

- ♦ Be ages 18-65
- ♦ Be diagnosed with major depression and have anxiety symptoms.
- ♦ Be able to participate in a 12 week-outpatient study including an inpatient stay of 7 days in Bethesda, MD.

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- ♦ Monetary compensation for procedures.
- ♦ Transportation reimbursement provided.

Atendemos pacientes de habla hispana.



The National Institute of Mental Health

The National Institutes of Health, Department of Health & Human Services

NIMH
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of Mental Health

Protocol # 08-M-0196

Effect of Diet on Vascular Disease Risk



Study recruiting healthy overweight black and white women for an investigation of the effect of the American diet on vascular disease risk.

Outpatient Study

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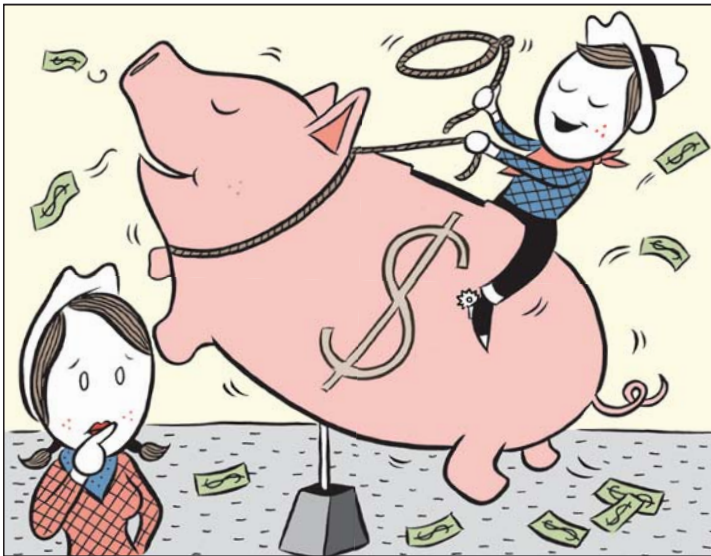


GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Honey, We Need To Have a Talk About Money

Q I have been with my boyfriend for five years, and it seems like we're heading toward moving in together and marriage. The problem is he's bad with money. I love him and care about him deeply, but I cannot deal with his financial woes any longer. He is irresponsible, and when he gets in a bind, he borrows money from me. I am not in a position to be giving him cash whenever he needs it — and what's worse is he takes forever to pay me back, if at all. I don't know whether I should break up with him, or suck it up and deal with it because he makes me happy in other aspects. — QUANDARY

Money is right up there with sex, childcare, housework and in-laws



BENDEPENDENT.COM

in terms of its kryptonite-like ability to tear couples apart (ranking slightly behind starring in a reality show). So, never "suck it up" because you're "happy in other aspects."

That's not to say you can't work on fixing the problem. In fact, you

must, if you want this relationship to survive. Make no mistake: If you two are to live together and/or get married, then your money is joint whether you officially make it so or not. Unless you plan on vacationing alone, never sharing meals or

dividing your place into his rooms and your rooms (Will you each get half a toilet?), then it's your combined finances that will dictate much of the day-to-day conditions of your life. And these issues will easily seep into other aspects of your life together, such as trust and physical attraction. It's also doubtful that his irresponsibility about money exists completely in a vacuum. The key question: Does he want to change? If so, do the work with a financial adviser and a counselor. If not, then that's a different problem altogether.

Give Kids Some Private Practice

Q Our friends have a video monitor in their 6-year-old twins' bedroom and several nanny cams throughout the house for when they're with their child care provider after school. The mom still insists on dressing them so that they won't look sloppy, being all over them in the bath,

etc. I think these kids are headed for major problems, no contest. Your take? — CURIOUS

It's hard to know exactly the nature of this, but, indeed, if someone videotaped me all day, I'd be headed for a breakdown. Of course, these kids might not know they're being watched, and they arguably don't need as much privacy as older children — but they do deserve some.

In the absence of medical or developmental problems, age 6 is old enough not to have constant surveillance. In short, it's high time to start letting them develop the concept of private space. But the nature of your relationship with these friends and your ability to intervene — along with what the outcome of that would be — is something that is not nearly as certain.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

Week Two: MEN ON THE MOVE

For 12 weeks, 6 Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. Over the weeks, challengers will rack up points for losing unwanted weight and winning fitness challenges. The challenger with the most points at the end of 12 weeks wins.

Last week we focused on the three women in the challenge: Jamie, Kim and Meaghan and we took a look at what sort of positive changes they were making to their diets.



ANTHONY & CAMERON

LOSE YOURSELF IN A GREAT WORKOUT WITH CARDIO CINEMA

Anthony is working out at Gold's Gym in Fairfax Station. His personal trainer, Cameron, recommended the RPM Gold's Gym Group Exercise (GGX) class for Anthony's cardiovascular health. When Anthony is working out on his own, Cameron suggests that he take advantage of the Cardio Cinema at Fairfax Station. It's a dark room with a 32-foot movie screen, surround sound and cardio equipment instead of seats.

CAMERON'S TRAINER TIP: ENERGIZE YOUR WORKOUT BY ADDING ENTERTAINMENT.

This week we're checking in on the three men in our group, and finding out how cardio is playing a role in their new routine.

Our challengers are working out with Gold's Gym Personal Trainers, who help them maximize their results using:

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Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness.

Membership information at: www.goldsgym.com

Cheer for your favorite challengers online at www.expressnightout.com/goldschallenge



GREG & MICHAEL

ACCELERATE FAT BURN WITH INTERVALS

Greg is working out with Michael at Gold's Gym in Rockville Town Square. Michael created a structured 6-day workout plan for Greg, including 3 days of cardio workouts. Greg has also made great strides improving his diet. This week he lost 6 pounds — that's 13 pounds since the start of the challenge, enough to put Greg in first place!

MICHAEL'S TRAINER TIP: JUMP START YOUR DAY AND METABOLISM WITH EARLY MORNING INTERVALS.

BUDDY UP!

Larry is working out with Chris at the Midtown Gold's Gym. He's been using the elliptical and Cybex arc trainers to get a good low-impact cardiovascular workout, and his endurance has improved noticeably. Larry and his girlfriend have been working out together which is helping to keep him motivated. He's lost 3.8 pounds this week!

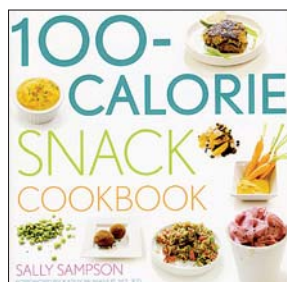
CHRIS' TRAINER TIP: MAKING YOURSELF ACCOUNTABLE TO A FRIEND IS A GREAT WAY TO STAY ON TRACK.



LARRY & CHRIS

Points are awarded weekly for weight loss and competitive challenges.

CHALLENGERS	LAST WEEK	THIS WEEK	% OF WEIGHT LOSS	POINTS	
				WEIGHT LOSS	TOTAL
GREG	235.0	229.0	2.55	6	11
ANTHONY	262.0	260.0	0.76	3	9
KIM	191.2	187.5	1.94	5	9
LARRY	352.6	348.8	1.08	4	5
JAMIE	196.2	195.2	0.50	1	4
MEAGHAN	187.0	186.0	0.53	2	4



GUINEA PIG

Below the Belt (and Above), This Works



■ It's possible no DVD box has ever weighed as much as the one carrying "10 Minute Solutions: Dance Your Body Thin" (\$29.95, Anchor Bay).

But that's not because of the one, slim disc inside—it's what comes with it: a 2-pound belt you're supposed to wear while swiveling and stepping.

Once it's strapped around your waist, it's actually not so noticeable. The idea is the extra pounds force you to work just a bit harder during the five quick segments (each has a wee warm-up and cooldown, with a simple combination in the middle).

But even with an unencumbered midsection, you'd work up a sweat following the ever-gyrating abs of instructor Andrea Leigh Rogers. That's because the choreography seems to be more focused on the fitness benefits of the moves than their artistic merit. Would you actually want to perform the "Get Fit Club Mix" outside your living room? No way — particularly the strange waving motion. But your toned arms will probably be OK with that. VICKY HALLETT (EXPRESS)



THANKS A MUNCH

If you're a meal master, but mid-afternoon munchies still defeat you, snap up "100-Calorie Snack Cookbook" (\$18.95, Wiley). The 200 recipes range from the savory (spiced goat cheese balls) to the sweet (poached pears). And though they're low-cal and low fuss (no complex techniques required), they're surprisingly gourmet.



SLEEP EASY

Tossing and turning? Try donning a headband that's part of Zeo system (\$399, Myzeo.com), which reads your sleep patterns and records them on an alarm clock-esque device, above. With that info, you're ready to start your sleep overhaul, perhaps with Zeo's online coaching program.



THREE WISHES

Moisturizers with SPF are nothing new, but A/P/A's 3-in-1 Daily Defense (\$55, Antiphotoreaging.com) also throws natural antioxidants into its non-greasy, salmon-hued cream. The result, it claims, is spotless, lineless, taut skin with an even tone — and, of course, no skin cancer.



FRESH IDEA

So, you're not waking up in time to make it to the farmers market. No prob. Just order from the Fruit Guys (Fruitguys.com), now doing home delivery. A case with 25 servings is \$37, and during peak season (aka now), most of it's locally grown. And in D.C., Maryland and Virginia, shipping's free.

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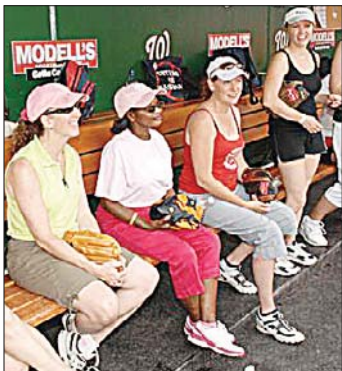


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CLASSACT



COURTESY THE NATIONALS

Real Women Have Curveballs

■ Spending Friday at summer school probably doesn't sound like the best way to kick off a weekend. But what if you're holding a bat instead of a pencil? That's the pitch for the third Baseball 101 for Women at Nationals Park, a ladies-only (Sorry, fellas!), one-day crash course on what happens behind the scenes at the stadium.

The action starts at 9:30 a.m. with a tour of the clubhouse, and then participants will take to the field for a skills clinic with the Nationals coaching staff. They'll sample hitting, pitching and strategies at several stations, including one set up exclusively for Q&A's. "I was told women have a lot of questions. So, we'll break it all down," promises hitting coach Rick Eckstein. And although sweating isn't really on the schedule, the gals will get to understand the physical requirements for players, too. "You've got to have a good eye to see the ball, and you need strength and coordination," he adds.

Participants get a break between 12:30 p.m. and 4:30 p.m., when the gang meets up again for a two-hour dinner and reception on the party deck — which includes, of course, plenty more time for asking questions. And then it's on to the 7:05 p.m. game against the Chicago Cubs, so the students can show off their new knowledge.

It's \$85 for all the action, or \$45 for just the evening, and that includes a left field box seat valued at \$33. Register at Nationals.com/baseball101. VICKY HALLETT (EXPRESS)



COURTESY ACHIEVE

Even if you can't commit to six weeks of coaching at an Achieve camp, you can help with the timed triathlon on race day.

Get on the Right Track

Coaching kids to run, swim and ride can get you in shape, too

As Chris Hohn rounded the halfway point along a paved trail in Southeast's Benning Park, baton in hand, kids' cheers could be heard over the 41-year-old's panting: "Run, Coach Chris! Run, Coach Chris!"

Every morning for six weeks, Hohn and fellow Achieve (Achievekidstri.org) coaches Tom Glass, Anthony Black, Alisha Livingston and Hillary Lindsay are training D.C. youths, ages 9 to 14, in cycling, swimming and running skills. They're readying for a July 24 timed short-course triathlon against two other local Achieve camps at Turkey Thicket Recreation Center and Kenilworth-

Parkside Recreation Center.

On this particular sunny Thursday, however, they're focusing on a more immediate victory: a kids-versus-coaches relay race.

And no matter how fast Hohn manages to run, from the looks on the smiling faces of his students, it appears he's won.

Let's face it: Volunteering feels good. Volunteering plus the endorphin high from sports: even better. It's no wonder area adults are opting to get buff by teaming up with local youth programs.

"Once a mentor goes on a few of our activities, they're hooked," says Julie Childers, executive director of Trips for Kids Metro D.C. (Tfkmetrodc.org).

Now in its seventh year, the local nonprofit offers daylong bike rides and weeklong adventure racing programs for area children. Word has spread quickly

— it's ballooned from 12 participants in its first year to a current crop of 600.

That many kids calls for plenty of adult supervision, which is why the group has 40 mentors on its roster, including Kristi Kiger. "I had not ridden a bike in 10 years," the 30-year-old admits. "Nor had I ridden on trails."

Nevertheless, as a youth mentor with a program run by the Southeast White House, she decided it would be a healthy way for her to bond with her 13-year-old charge, Tiffany Jackson. Two years later, the pair still schedule three rides a month, and Jackson says both have become better pedalers. "The first day, I kept falling constantly," she recalls of their spins in Fort Dupont Park. "Now I'm not falling as much as I used to."

Progress is also the point of Girls on the Run, a national pro-

gram that boosts young ladies' self-esteem through running 5K's.

Emily Weinmann, a 27-year-old teacher at Columbia Heights' D.C. Bilingual Public Charter School, co-directs the D.C. chapter, which is looking for coaches

I know how much being part of a team and running has benefited me. So, I plan to share that with other girls."

and other volunteers for the next session. Applications (available at Gotrdc.org) are due July 30.

"I've been on track and cross-country teams since middle school," she says. "I know how much being part of a team and running has benefited me. So, I plan to share that with other girls."

Still, you don't have to be a marathon runner or have a perfect freestyle stroke to pitch in. Three must-haves: a can-do spirit, reliability and cheerful optimism. The fitness can come later, Hohn says, whether you expect it to or not.

"I got in great shape last year coaching," he says. "I'm a swimmer; I don't like to run. That's not where I like to find myself, running around a hot track."

But that's exactly where he was this Thursday, slightly windmilling his arms as he ran his leg of the relay. "He moves his arms like he's still swimming," the kids chuckled.

True, but he was getting a workout. And so were the 26 would-be triathletes. Now that is achieving.

KRIS CORONADO (EXPRESS)



→ Road racing usually requires using an alarm clock, but not the Rockville Rotary Twilight Runfest. The sleeping-in friendly 8K (\$30-\$40) starts this Saturday at 8:45 p.m. Register at Mccrc.org/races/TwilightRunfest.

TRAILBLAZER



Touring Local Tour De France Events

■ Being at the Tour de France would be money — if you had the funds to attend. Here's how to feel like you're in the presence of that yellow jersey without leaving town.

At Arlington's **RHODESIDE GRILL** (1836 Wilson Blvd.; 703-243-0145) on Thursday (5-7 p.m.), it's \$5 for the Washington Area Bicyclist Association happy hour, where you'll watch a video replay of the Tour's 12th stage on a dozen hi-def TVs. WABA members get drink discounts (\$10 Miller Lite pitchers, \$12 for Sierra Nevada). Join WABA on the spot and you'll get a free drink. Those who triumph in Tour trivia also get free WABA merch.

Area **REVOLUTION CYCLES** stores are hosting a free raffle July 17-26 that gives you a chance to win a Trek Madone 6.9 — the same wheels as Lance Armstrong. There's a limit of one ticket per customer a day, and cyclists can fill out a "virtual" ticket online at Revolutioncycles.com.

Or, you can always start training. Pedal over to **CONTE'S BETHESDA** (7626 Old Georgetown Road; 301-312-6159) and schedule a session on one of the store's eight Computrainers (\$10 a session, up to an hour). Video monitors in front of the stationary bikes simulate virtual courses — including those of the Tour de France. It's all the perks of the real ride. Well, minus the crashes and BO. KRIS CORONADO (EXPRESS)



For more riding tips and cycling suggestions, read Trailblazer at Expressnightout.com/trailblazer.

“[You run] across a field like you would for soccer or rugby — but you have ... a broomstick between your legs.”

players are required to carry an unwieldy cleaning tool between their legs?) Quidditch just isn't that big — yet.

But one relatively local squad is the Wizengamuts of Virginia Commonwealth University. The 12-person team (which takes its name from the wizarding world's high court), began as a VCU club last year and hopes to compete in the Quidditch World Cup at Middlebury this fall.

In preparation, Wizengamut captain Britni Puccio says the team is trying to recruit classmates by convincing them that quidditch isn't just for the fantasy-obsessed.

“You definitely get odd looks,” laughs the 20-year-old. “But it definitely is a physical activity. We do a lot of stretches and warm-ups before we play or practice because, essentially, you're running back and forth across a field like you would for soccer or rugby — but you have to manage a broomstick between your legs.” KATIE ABERBACH (EXPRESS)

it's not so different from other athletic pursuits. “You want to have endurance, speed and accuracy with your throws.”

More than 200 colleges worldwide have formed quidditch teams since Middlebury College students came up with rules for the game in 2005, according to the Inter-

collegiate Quidditch Association (Collegequidditch.com), and the Facebook group Intercollegiate Quidditch Association has more than 3,800 members.

Still, on the fields of our nation's capital you're not likely to spot many broomstick-lugging athletes. (Did we mention that all



NITTY GRITTY

Quaffle Queries?

OBJECTIVES:

The basic goal is to score more points than the other team by throwing a volleyball (“quaffle”) through the opposing team's vertical hoops to score 10 points — while dodging kickballs (“bludgers”) thrown by the other team. Each team has a “keeper” who essentially plays the role of a goalie in front of the hoops. At the same time, one “seeker” on each team must try to grab the “snitch” (essentially, a tennis ball in a tube sock carried by someone running around the field who's not on either team). Catching the snitch is worth a whopping 30 points and ends the game.



Members of the VCU Wizengamuts proudly display their team brooms.

→ For more information on how to play, visit Blogs.umass.edu/umquid/how-to-play.

COURTESY THE WIZENGAMUTS

GETTY IMAGES



At Middlebury's first large intercollegiate quidditch tournament last fall, players from 12 teams competed on broomsticks.

Potter Around the Field

Quidditch is just as fun on solid ground — but you need brooms

Instead of breaking out the butterbeer before rushing to that midnight showing of “Harry Potter and the Half-Blood Prince,” why not play a rousing game of quidditch?

The generation that grew up reading J.K. Rowling's books has adapted the boy wizard's favorite sport — which involves zipping around on broomsticks and hunting down the elusive golden snitch — for the laws of gravity.

“I think one of the best descriptions of quidditch is three sports going on at once” — dodgeball, soccer and rugby, says Matt Drake, 20, who founded the quidditch club at the University of Massachusetts in Amherst last year.

There's so much going on (see box for a summary of the rules), “the best skill to have is to be able to focus,” says Drake, adding that

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fit | Nutrition

Take Your Mouth South

Here's how to find healthy cuisine in Washington's soul food craze

Known for fried chicken, waffles and grits, Southern cuisine isn't exactly diet-friendly fare. So, with soul food dominating Washington's newest menus, how are we supposed to keep the numbers on our scales from creeping north?

BLUE RIDGE (2340 Wisconsin Ave. NW; 202-333-4004) goes heavy on vegetable side dishes (such as sautéed beet greens and braised zucchini) — and purposely skimps on fats by using milk instead of cream where possible, says head chef Barton Seaver. And his farm-to-table philosophy preserves more nutrients in each bite, he adds: "I spend my time buying good ingredients, and then I keep out of the way of them."

It's tougher to navigate the menu at **EATONVILLE** (2121 14th St. NW; 202-332-9672; Eatonvillrestaurant.com). "But in some of our sides, where traditionally



Calorie counters can go for grilled fish when dining at Blue Ridge in Glover Park.

we'd use fatback or pork, we've refrained," says executive chef Rusty Holman. Opt for his vegan side dishes, including stewed tomatoes with black-eyed peas and braised collard greens.

Dan Simons, a principle with the Vucurevich Simons Advisory Group, which offers consulting for eateries (including Founding Farmers and Agraria), says it's smart business to have healthy items available for diners. But high-fat,

high-calorie foods still make customers' mouths water.

That's why chef Art Smith balances a menu at **ART & SOUL** (415 New Jersey Ave. NW; 202-393-7777; Artandsoul.com) that ranges from indulgent mac and cheese to crispy whole trout with a spring bean salad. "You can't tell people what to eat," Smith says, "but you can give them a choice and leave them to making better choices."

KATIE ABERBACH (EXPRESS)



EATING IN

Pork Tenderloin in a Soy-Sherry Marinade

30 MINUTES, SERVES 4

- INGREDIENTS**
- 2-INCH PIECE fresh ginger, sliced
 - 6 CLOVES garlic
 - 1/2 CUP dry sherry
 - 2 TBSP reduced-sodium soy sauce
 - 1 TBSP canola oil
 - 2 TSP ground cinnamon
 - 1 1/4 POUND pork tenderloin, trimmed of fat
 - 4 scallions, thinly sliced
 - Salt and ground black pepper, to taste

IN A FOOD PROCESSOR, combine the ginger and garlic. Pulse until coarsely chopped. Add the sherry, soy sauce,



oil and cinnamon. Pulse to just combine.

Place the pork tenderloin and scallions in a large zip-close plastic bag. Add the marinade, then turn the tenderloin to coat completely. Seal the bag and refrigerate for at least one hour or

up to eight hours.

Heat a gas grill to medium-high or prepare a charcoal fire.

Remove the tenderloin from the bag, leaving as much of the seasonings on the meat as possible. Season with salt and pepper.

Oil the grill grates. Grill the tenderloin, turning several times, until just cooked through and an instant read thermometer inserted at the center registers 155 F, about 15 to 20 minutes.

Transfer the tenderloin to a cutting board, cover with foil, and let rest for five minutes.

Carve crosswise into 1/2-inch thick slices to serve. (AP)

204 calories, 30 g protein, 5 g carbs, 5 g fat, 92 mg cholesterol, 560 mg sodium, 5 g fiber

STETHOSCOPE



ISTOCK

CANCER

Happy for Headaches

■ Migraines are no fun, but there's an upside to that excruciating pain in your head: It means you (if you're female) are 26 percent less likely to develop breast cancer. That's according to a study of more than 9,000 women conducted by the Fred Hutchinson Cancer Research Center in Seattle. One theory is that low estrogen levels boost the incidence of the searing headaches, and high estrogen levels are linked to cancer risk.

OBESITY

America's Big Problem

■ Apparently, 100-calorie snack packs have not been able to stave off the American weight gain crisis. The latest numbers are in from the U.S. Centers for Disease Control and Prevention, and now a whopping 26.1 of the population is officially obese (which means a body mass index of 30 or above). The slimmest state in the nation is Colorado, where fewer than 20 percent of the population is obese.

SEXUALITY

Shaking Things Up

■ What's the buzz in the bedroom? Vibrators! An Indiana University survey of 2,056 women between 18 and 60 years old revealed that the majority of the ladies (52.5 percent) had used a vibrator. Gals with an affinity for devices were more likely to have visited their gynecologist in the past year, and they reported more sexual desire and arousal, plus less pain during sex. Another study, which also appeared in the *Journal of Sexual Medicine*, found that 44.8 percent of men had experience using the tools.

Boozed and Confused?

How 11 hangover helpers handle the horrendous aches and heaves

Moderation may be your mantra, but we all cross the line now and then. That's why we tested 11 common hangover remedies. Use trial and error to figure out which work best for you.

Water

THE CLAIM: Alcohol inhibits secretion of the hormone vasopressin, bringing on dehydration, which exacerbates the symptoms of a hangover.

OUR TEST: Two approaches: Drink loads at the end of a night, or drink throughout the evening. "For me, a glass every two hours worked great," our tester said.

THE VERDICT: "It puts you ahead of the game," said Dr. Robert Swift of Brown University, adding that, unlike Coors, it's not a silver bullet. Try something else, too.

Gatorade

THE CLAIM: Gatorade's 6 percent carbohydrate solution promotes better rehydration than mere water.

OUR TEST: "I downed two huge bottles at the end of the night," our tester said. "And I felt like a million bucks the next day."

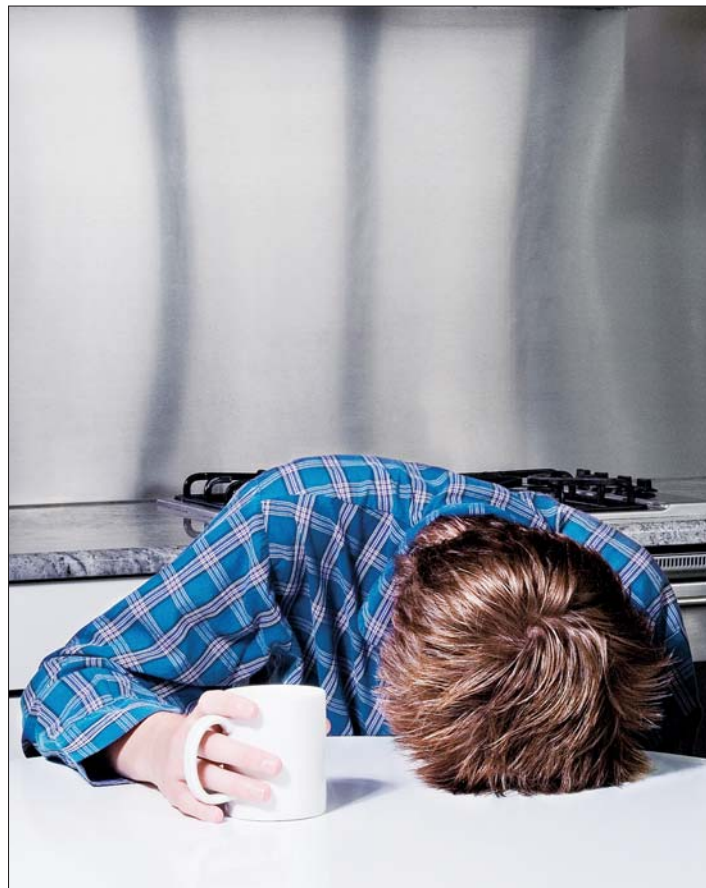
THE VERDICT: It's a great substitute for plain old water. "The extra salt helps your body absorb the fluid more quickly," Swift explained.

The Mega-Dinner

THE CLAIM: Food delays gastric emptying in the stomach — meaning alcohol stays there longer and is processed more slowly.

OUR TEST: "There's nothing like pounding a burger before a night of boozing. But the effect wore off as I kept drinking," our tester said.

THE VERDICT: A no-brainer. Don't drink on an empty stomach.



GETTY IMAGES

The Juice Chaser (two glasses of OJ or tomato juice before bed)

THE CLAIM: The fructose in the juice speeds up metabolism, ridding your system of alcohol more quickly.

OUR TEST: "I felt as sick the next day as I would have otherwise," reported our still-queasy guinea pig. "It just didn't work."

THE VERDICT: It looks good on paper, but here's the fine print: "You'd have to drink at least 10 glasses," said Carlton K. Erickson, Ph.D., of the University of Texas.

RU-21 (A SUPPLEMENT)

THE CLAIM: It slows down the creation of a nasty by-product — the one that causes headaches and nausea — while speeding up the destruction of others.

OUR TEST: "Success. I woke up to a group of clearheaded people. There was no groaning, no puking and no handing out aspirin," our tester said.

THE VERDICT: Works to a point. "Your metabolism is already running as fast as it can," Swift said. But if it's effective for you, go for it.

Saltines (10, to be exact, washed down with 24 ounces of water)

THE CLAIM: Salt helps you retain the fluid you lose during a night of drinking. With 32 milligrams of salt per cracker, this is a surefire way to keep from drying up.

OUR TEST: "I would much rather pop a pill than shove crackers down my abused throat," our tester said.

THE VERDICT: Drinking water is a better way to stay hydrated. But, "at the very least, it'll help dilute the alcohol in your stomach," say Swift said.

The Bull's-Eye (12-ounce glass of OJ mixed with a raw egg)

THE CLAIM: Fructose in the OJ helps promote the breakdown of alcohol, and egg protein replaces lost nutrients.

OUR TEST: "More vomit-inducing than the alcohol," our tester said. **THE VERDICT:** "There is no evident benefit to this concoction that would justify the risk of getting salmonella," Swift said.

Hair of the Dog

THE CLAIM: Hangovers hit only once you sober up, so stay drunk.

OUR TEST: "I woke up feeling horrible. I was nauseous and grumpy. My head was pounding. Then I had three beers and felt like a new man," our tester said.

THE VERDICT: Fine, but you're just putting off the inevitable. Plus: "This could lead to alcohol abuse," Erickson said. Duh.

Drinking Only Light-Colored Alcohol (white wine, vodka and gin)

THE CLAIM: Lighter drinks have fewer headache-inducing congeners than darker drinks, such as red wine, beer and dark liquors.

OUR TEST: "I felt just as disgusting as on any other night of hard drinking. On the way home, I had to have my friend pull over so I could puke."

THE VERDICT: It actually does work — if you're drinking in moderation. "If you drink a quart of white wine, you're still going to get a hangover," Erickson said.

Aspirin

THE CLAIM: Popping two the night before fights off headaches.

OUR TEST: "My head wasn't too bad, but I was still tired and nauseated," our tester said.

THE VERDICT: Thumbs up — but be careful. Aspirin can irritate the stomach, and mixing alcohol and Tylenol can damage the liver.

Exercise

THE CLAIM: Sweating leaches alcohol out of your system.

OUR TEST: "I feel like I'm actually sweating out alcohol. It might just be in my head, but I feel better by doing it," our tester said.

THE VERDICT: The perfect placebo: You get your mind off the hangover while getting a good workout. LEIGH COLE (REPRINTED WITH PERMISSION FROM MEN'S HEALTH © RODALE INC.)

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1BRs \$665
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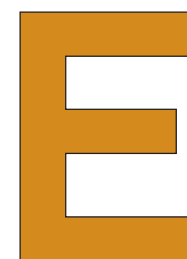
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Temple Hills

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Temple Hills

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lookout

The Good Alternative

Daughtry carries on the alt-rock torch with a new album, 'Leave This Town'

MUSIC | Daughtry's self-titled debut album was a surprise hit, revitalizing the largely moribund alternative rock genre.

In the late 1990s, rock radio was full of Daughtry equivalents, bands that were somewhat influenced by Seattle's grunge sounds, but were poppier, more polished and better groomed.

These days a few die-hards (3 Doors Down, Nickelback) soldier on, but the second Daughtry full-length, "Leave This Town," will no doubt be a welcome addition to the commercial-rock genre.

It may not break any artistic barriers, but it should sound just fine on DC101 playlists or providing the soundtrack to ESPN programming.

The issue with albums by "American Idol" alumni is rarely the vocals, and Chris Daughtry demonstrates plenty of range here, providing a convincing anguished yell to "You Don't Belong" and showcasing his sensitive balladeer side on tracks like "Life After You" and "Learn My Lesson."

The lyrics on "Leave This Town" are uniformly about relationships and the relocating mentioned in the title. There are songs about deciding to break up, songs about getting back together and songs



Chris Daughtry, left, and his band mates hark back to the days of 1990s rock radio with their polished grunge sound.

about finally really deciding to break up.

Certain songs appear destined to back triumphant NASCAR montages. The first single, "No Surprise," seems like an inevitable choice whenever the favorite wins, boasting a solid hook and some appealing harmonies. Nickelback haters should note that the song was co-written with that band's Chad Kroeger, and his influence is audible.

There are a few tracks that almost have the potential to be

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→ To watch four Daughtry music videos and to read more of this review, visit our Web site.

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repurposed for dance remixes. "What I Meant to Say" and "Supernatural" feature big pop choruses worthy of fellow "Idol" alum and RCA labelmate Kelly Clarkson.

Not everything on "Leave This Town" is montage-worthy, however.

"You Don't Belong" seems like the band's one attempt at injecting a little menace into its music, with Daughtry defiantly shouting "No!" repeatedly and actual distortion on the guitars. It sounds like Bush circa "Machinehead." Exactly.

Whether "Leave This Town" sells as many copies as Daughtry's smash debut remains to be seen, but that wouldn't be due to a decrease in quality. Because "Leave This Town" is actually pretty aight, dawg. MEG ZAMULA



He may be small, but he's powerful.

Seacrest's Empire Expands

The 'Idol' host snags a lucrative deal with Simon Fuller and co.

SUCCESS | Ryan Seacrest has signed a lucrative new deal that keeps him hosting "American Idol" through 2012 and participating in new projects.

The partnership, announced Monday by 19 Entertainment, provides an opportunity for on-air-personality/producer Seacrest and his Ryan Seacrest Productions banner to work with "American Idol" creator Simon Fuller on new entertainment endeavors.

Although the announcement specified no dollar figure, The Hollywood Reporter pegged the deal at \$45 million.

Besides "American Idol," Seacrest, 34, is host of the radio countdown show "American Top 40." He also executive-produces and co-hosts "Dick Clark's New Year's Rockin' Eve With Ryan Seacrest" and is managing editor and lead anchor of "E! Entertainment News." FRAZIER MOORE (AP)



CASTING Supportive Roles Susan Sarandon and John Goodman are set to star opposite Al Pacino in "You Don't Know Jack," HBO Films' biopic of Jack Kevorkian (played by Pacino). Kevorkian, known as Dr. Death, assisted in more than 130 suicides. Goodman will play Neal Nicol, a friend and co-worker of Kevorkian's since 1961 and a supporter of the right to die. Sarandon will play Janet Good, an activist with the Hemlock Society who becomes one of Kevorkian's staunchest supporters. (THE HOLLYWOOD REPORTER)



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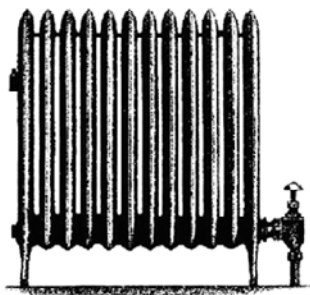
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lookout entertainment

Not-So-Quiet Storm

Jack White and the Dead Weather make a loud, rousing splash with their first album

MUSIC | Another day, another supergroup, according to Jack White's schedule.

When a musician of his caliber tries out some new sounds with new people, there's rarely much to complain about. His previous conglomero-band, the Raconteurs, scored pretty high with the music community, so it's not surprising that his new outfit, the Dead Weather, doesn't disappoint.

The Dead Weather is singer Alison Mosshart (of U.K. rockers the Kills); Jack Lawrence (also of the Raconteurs) on bass; Dean Fertita (of Queens of the Stone Age) on guitar; and White himself doing duty as drummer, backup singer, producer and designer of the new Third Man Studios, where "Horehound" was recorded in all of three weeks.



Jack White, second from right, gives up guitar to play drums for the Dead Weather.

expressnightout

→ To watch three music videos from the Dead Weather and read more of this review, visit us online.

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Mosshart takes the lead vocals on just about all the tracks, with frequent backup by White, and overall she's a rousing success — her voice has the weight to stand up next to Fertita's fierce guitar and White's frenetic drums. Your ears

will take a serious beating from "Horehound," and for the most part, that's good thing. And while surprising, White's decision not to take lead guitar was probably wise, since it allows "Horehound" to sound less White-ish and more badass-rock-band-ish.

The Dead Weather exemplifies White's ability to sing, play, produce and diversify his rock inclinations, but does it add much to the genre? Maybe not, but it does the genre proud. AFTON LORRAINE WOODWARD

Chan Is Kung-Fu Fighting

The icon will star in a 'Karate Kid' remake with Jaden Smith

REMIX | Jackie Chan will play the wise kung-fu master in a Hollywood-Chinese remake of the 1984 hit "The Karate Kid" that kicked off filming in Beijing over the weekend, a movie company publicist said Monday.

Chan's young disciple in "Kung Fu Kid" will be played by Jaden Smith, the son of Hollywood super-



Jackie Chan and the Smith clan are in Beijing filming the movie this summer.

stars Will Smith and Jada Pinkett Smith, China Film Group spokesman Weng Li said.

In "The Karate Kid," Pat Morita plays the iconic building handyman Mr. Miyagi who trains one of his young tenants, portrayed by Ralph Macchio, into an accomplished fighter.

The co-production between the state-run China Film Group and Columbia Pictures started shooting Saturday in Beijing, Weng said.

Chan and Smith, along with Smith's parents and sister, Willow, attended a traditional Chinese ceremony to mark the start of the shoot Saturday.

Will Smith — one of the film's producers — Chan and others symbolically removed a piece of red cloth covering a movie camera, after which Smith gave Chan a hug.

Chan said on his Web site he also attended the younger Smith's 11th birthday party last Wednesday.

Jaden Smith co-starred with his father in the 2006 movie "The Pursuit of Happyness" and appeared in the 2008 Keanu Reeves sci-fi movie "The Day the Earth Stood Still." MIN LEE (AP)

top stops

Compiled by Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at Expressnightout.com/topstops.



STEPHANIE K. KUYKENDALL/ITVP

1 Anyone for Tennis?

Burned out on Nationals games? Neither are we. But we like other sports, too — and D.C. has a tennis team! The Washington Kastles will be playing against the Newport Beach Breakers this evening — and Serena Williams will be joining them, fresh off her championship at Wimbledon. So, if you want to branch out from baseball and still take in a sports game tonight, head over to Kastles Stadium. f.z.

→ *Kastles Stadium, 11th and H streets NW; 7 p.m., \$45-\$65; Washingtonkastles.com. (Metro Center)*

3 Hey, It's NOT That Guy!

There's always some new kind of punk, isn't there? Apparently, the music played by Abe Vigoda (the band, not the actor) is called tropical punk. Whatever. It's not happy punk, exactly, but it's certainly upbeat and uses a lot of Sonic Youth-esque distortion. Sound good? Sounds good to us. It's playing at DC9 tonight with the unintelligible but not unappealing noise band Talbot Tagora. f.z.

→ *DC9, 1940 Ninth St. NW; 9 p.m., \$10; 202-483-5000, Dcnine.com. (U St.-Cardozo)*

2 Vive La Revolution!

Happy Bastille Day! You can't go to Les Halles' famous waiter-races anymore — the restaurant is out of business. But Cafe L'Enfant will be holding French maid races, in which customers dressed as French maids can participate in a relay and eat free cake. We're not sure why the party is hosted by Marie Antoinette and Louis XVI, since we're pretty sure Bastille Day marked the beginning of their downfall. But, hey, free cake! f.z.

→ *Cafe L'Enfant, 2000 18th St. NW; race starts at 8 p.m., free; 202-319-1800, Lenfantcafe.com. (Dupont Circle)*

REGAL ENTERTAINMENT GROUP ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
BRUNO (R) - ID REQ'D (1140 1230 150 250 410 510) 710 800 930
I LOVE YOU BETH COOPER (PG-13) (1110 200 440) 720
OC & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) (1250 230 330 500) 600 830
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1100 140 420) 650 910
PUBLIC ENEMIES (R) - ID REQ'D (1200 100 310 400) 610 710
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1120 1240 240 400) 630 730
THE PROPOSAL (PG-13) (1225 320) 620 900
HANGOVER (R) - ID REQ'D (1220 300 530) 830
UP (PG) (1130 AM 210 PM 520 PM)

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
BRUNO (R) - ID REQ'D (1150 1250 210 310 440 530) 730 830 945 1045
I LOVE YOU BETH COOPER (PG-13) (130 415) 715 1015
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1230 255 520) 745 1010
ICE AGE: DAWN OF THE DINOSAURS (PG) (100 155 420) 615 700 920
OC & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) (330 PM) 845 PM
PUBLIC ENEMIES (R) - ID REQ'D (1215 110 315 410 630 720 930 1030)
MY SISTER'S KEEPER (PG-13) (110 350) 650 1000
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1200 115 320 430) 640 740 950 1050
THE PROPOSAL (PG-13) (120 400) 710 940
HANGOVER (R) - ID REQ'D (1210 245 510) 800 1020
UP (PG) (1245 345) 645 915

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
I LOVE YOU BETH COOPER (PG-13) (1225 250 530) 800 1025
BRUNO (R) - ID REQ'D (1145 1245 215 315 445 545) 715 815 930 1030
PUBLIC ENEMIES (R) - ID REQ'D (1220 120 335 435) 650 750 950
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1130 200 430) 700 945
ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 230 500) 735 1015
MY SISTER'S KEEPER (PG-13) (155 425) 655 925
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1215 100 330 415) 645 730 1000 1045
OC: THE PROPOSAL (PG-13) (210 PM) 955 PM
THE PROPOSAL (PG-13) (1140 AM 450 PM) 720 PM
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1125 AM)
AWAY WE GO (R) - ID REQ'D (1250 310 535) 805 1035
HANGOVER (R) - ID REQ'D (1230 300 515) 745 1010
UP (PG) (1135 205 440) 705 940
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM

MAJESTIC STADIUM 20

300 Ellsworth Dr. Silver Spring, MD 240-393-4826
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1015 1230 245 500) 715 930
ICE AGE: DAWN OF THE DINOSAURS (PG) (1050 1115 110 130 315 345 530) 745
RW & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) (1145 200 415) 630 845 1110
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1125 1205 105 240 325 420) 605 645 730 920 1050
PUBLIC ENEMIES (R) - ID REQ'D (1005 1040 100 145 300 400 445) 700 800 900 1000 1100
BRUNO (R) - ID REQ'D (1045 1130 1255 140 305 355 515) 600 725 820 935 1030
UP (PG) (1100 AM 125 PM 350 PM)
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1030 1250 320 545) 815 1045
HANGOVER (R) - ID REQ'D (1220 255 510) 610 740 840 1005 1105
MY SISTER'S KEEPER (PG-13) (1010 1245 405) 705 940
I LOVE YOU BETH COOPER (PG-13) (1000 1225 250 535) 805 1035
THE PROPOSAL (PG-13) (1105 1200 135 425) 620 720 950
HANGOVER (R) - ID REQ'D (1140 215 440) 710 945
MOON (R) - ID REQ'D (1140 215 440) 710 945
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1020 AM)
AWAY WE GO (R) - ID REQ'D (1055 120 340) 615 835 1055

ROYALE STADIUM 14

6505 America Blvd. Hyattsville, MD 301-864-3456
RW & DA: BRUNO (R) - ID REQ'D (1240 250 510) 740 1025
BRUNO (R) - ID REQ'D (1155 220 440) 705 930
I LOVE YOU BETH COOPER (PG-13) (1245 330) 710 1005
ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 1230 100 235 305 335 515) 645 715 745 935 1015
PUBLIC ENEMIES (R) - ID REQ'D (1210 110 320 420) 655 725 955 1035
MY SISTER'S KEEPER (PG-13) (1100 1245 405) 705 940
RW: TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 340) 700 1020
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1150 310) 630 950
THE PROPOSAL (PG-13) (1215 320 510) 730 1010
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1235 400) 640 925
HANGOVER (R) - ID REQ'D (1255 315) 720 940
UP (PG) (1205 230 500) 735 1000
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM

BETHESDA 10

15200 Major Lane. Bethesda, MD 800-FANDANGO 455#
I LOVE YOU BETH COOPER (PG-13) (1130 200 430) 710 930
BRUNO (R) - ID REQ'D (115 330 545) 800 1015
PUBLIC ENEMIES (R) - ID REQ'D (140 400 440) 700 740 1000
ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 225 450) 715 940
MY SISTER'S KEEPER (PG-13) (1140 AM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1150 1240 310 405) 630 720 950
THE PROPOSAL (PG-13) (1220 350 520) 750 1020
HANGOVER (R) - ID REQ'D (1210 240 510) 730 1010
UP (PG) (1130 AM 150 PM 420 PM)
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM 1202 AM

BOWIE STADIUM 14

15200 Major Lane. Bethesda, MD 800-FANDANGO 455#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
HORTON HEARS A WHO (G) (1000 AM)
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1200 230 500) 730 1005
I LOVE YOU BETH COOPER (PG-13) (1200 230 500) 730 1005
BRUNO (R) - ID REQ'D (1100 1215 115 215 330 435) 605 700 800 915 1030
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1200 225 450) 715 940
ICE AGE: DAWN OF THE DINOSAURS (PG) (1035 1230 100 255 325 520) 745 815 1010
PUBLIC ENEMIES (R) - ID REQ'D (1040 1255 140 400 440) 700 740 1000 1040
MY SISTER'S KEEPER (PG-13) (1035 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1100 1145 240 315) 600 645 930 1015
THE PROPOSAL (PG-13) (1115 145 420) 650 925
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1225 300 530) 805 1035
HANGOVER (R) - ID REQ'D (120 545) 815 1045
UP (PG) (1130 200 430) 705 930
Free Family Film Festival Tue & Wed 10AM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM 1202 AM 1203 AM
I LOVE YOU BETH COOPER (PG-13) (1145 210) 440 715 945
OC & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) (255 PM) 750 PM
PUBLIC ENEMIES (R) - ID REQ'D (1140 1240 245) 350 615 705 915 1005
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1200 225 450) 710 935
ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 225 450) 710 935
MY SISTER'S KEEPER (PG-13) (1245 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1150 1250) 310 410 630 730 950 1045
THE PROPOSAL (PG-13) (140 PM) 415 PM 650 PM
MOON (R) - ID REQ'D (1210 240) 515 745 1015
HANGOVER (R) - ID REQ'D (1155 230) 330 540 810 910 1035
UP (PG) (130 400 635 900)

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#
ICE AGE: DAWN OF THE DINOSAURS (PG) (1245 145 315 415 540) 640 810 1035
PUBLIC ENEMIES (R) - ID REQ'D (1230 300 400) 625 725 935 1035
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1210 245 515) 740 1010
MY SISTER'S KEEPER (PG-13) (110 350) 650 945
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 120 240 340 440) 600 700 800 920 1020
THE PROPOSAL (PG-13) (135 430) 715 955
AWAY WE GO (R) - ID REQ'D (1200 230 500) 730 1000
STAR TREK (PG-13) (100 PM 405 PM)
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
I LOVE YOU BETH COOPER (PG-13) (200 450) 725 1000
BRUNO (R) - ID REQ'D (1225 210 250 435 515) 700 740 925
OC & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) (345 PM) 900 PM
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1125 155 425) 710 940
ICE AGE: DAWN OF THE DINOSAURS (PG) (1205 115 235 505) 630 750
PUBLIC ENEMIES (R) - ID REQ'D (1245 125 400 440) 730 810 1040
MY SISTER'S KEEPER (PG-13) (1020 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1115 1155 1235 300 335 410) 640 720 800 1015
THE PROPOSAL (PG-13) (105 355) 645 935
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1145 240 535) 820
HANGOVER (R) - ID REQ'D (1055 1135 135 220 415 500) 650 735 945 1030
UP (PG) (1100 340) 620 910
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 202-822-4955
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
RW & DA: BRUNO (R) - ID REQ'D (1200 210 420) 635 850
I LOVE YOU BETH COOPER (PG-13) (1130 155 440) 705 935
BRUNO (R) - ID REQ'D (1100 110 320 530) 750 1005
PUBLIC ENEMIES (R) - ID REQ'D (1125 1240 230 345) 610 725 915 1025
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1110 130 355) 615 840
ICE AGE: DAWN OF THE DINOSAURS (PG) (1140 1230 200 255 430 515) 650 735 910
MY SISTER'S KEEPER (PG-13) (1115 145 415) 700 935
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1115 1150 1245 220 305 400 535) 625 705 900 945
THE PROPOSAL (PG-13) (1100 235 405 505) 645 740
HANGOVER (R) - ID REQ'D (135 240 510) 800 920 1025
UP (PG) (1000 AM)
HANGOVER (R) - ID REQ'D (1120 140 410) 640
NIGHT AT THE MUSEUM II (PG) (955 PM)
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1000 AM)
Free Family Film Festival Tue & Wed 10AM

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
I LOVE YOU BETH COOPER (PG-13) (120 400) 640 910
BRUNO (R) - ID REQ'D (1215 115 235 335 455 555) 715 815 935 1035
OC & DA: ICE AGE: DAWN OF THE DINOSAURS (PG) (420 PM) 915 PM
PUBLIC ENEMIES (R) - ID REQ'D (1210 140 330 500) 610 700 825 1010
ICE AGE: DAWN OF THE DINOSAURS (PG) (1230 110 150 310 345 540) 650 810
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1150 220 450) 730 1015
MY SISTER'S KEEPER (PG-13) (1240 PM 325 PM) 615 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1135 1245 155 300 410 520) 630 740 1000
THE PROPOSAL (PG-13) (135 430) 710 950
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1130 205 440) 720 950
AWAY WE GO (R) - ID REQ'D (1155 250 530) 800
HANGOVER (R) - ID REQ'D (1200 230 510) 750 1020
UP (PG) (100 PM 350 PM) 620 PM
NIGHT AT THE MUSEUM II (PG) (130 415) 655 940
STAR TREK (PG-13) (1225 PM 335 PM) 635 PM

FOX STADIUM 16

22875 Crawford Plz. Ashburn, VA 703-957-1035
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
BRUNO (R) - ID REQ'D (1140 1240 200 300 420 520) 640 740 900
RW & DA: I LOVE YOU BETH COOPER (PG-13) (150 PM 430 PM) 745 PM
PUBLIC ENEMIES (R) - ID REQ'D (1105 110 210 410 510) 720 820
ICE AGE: DAWN OF THE DINOSAURS (PG) (1030 1120 1250 140 310 430) 620 750 840
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1200 220 440) 700 920
MY SISTER'S KEEPER (PG-13) (340 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1130 1230 130 250 350 450) 610 710 810
THE PROPOSAL (PG-13) (1210 100 240) 615 715 850
HANGOVER (R) - ID REQ'D (1020 1245 230 330 500) 600 730 830
UP (PG) (1015 1240 220) 630 910

FAIRFAX TOWNE CENTER 10

4110 W. Ox Road 800-FANDANGO 670#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM
ICE AGE: DAWN OF THE DINOSAURS (PG) (1130 1230 100 155 255 325 420 520 550) 645 745 815 910 1010
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1200 225 450) 715 940
WHATEVER WORKS (PG-13) (110 400) 640 920
TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1220 340) 725 1015
AWAY WE GO (R) - ID REQ'D (1150 230 510) 740 1020
HORTON HEARS A WHO (G) (1000 AM)
UP (PG) (1245 350) 630 900
NIGHT AT THE MUSEUM II (PG) (120 205 435) 705 950
Free Family Film Festival Tue & Wed 10AM

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
HARRY POTTER: HALF BLOOD PRINCE - MIDNITE (PG) ★ 1201 AM 1202 AM
I LOVE YOU BETH COOPER (PG-13) (1245 330) 610 840
BRUNO (R) - ID REQ'D (1115 1215 145 230 445 530) 745 830 1000 1050
ICE AGE: DAWN OF THE DINOSAURS (PG) (1145 1230 215 300 430 515) 700 800 920
PUBLIC ENEMIES (R) - ID REQ'D (1045 1130 200 245) 615 715 830
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★
(1100 115 345) 600 850
MY SISTER'S KEEPER (PG-13) (120 410) 710 940
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1200 100 315 415) 630 730 945 1045
THE PROPOSAL (PG-13) (1030 130 400) 640 910
HANGOVER (R) - ID REQ'D (1140 210 520) 810
UP (PG) (1250 PM 500 PM) 740 PM

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**TUESDAY, JULY 21st – Engineering, Technology
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PAVILIONS

Engineering, Technology & Security Cleared (7/21)

Candidates must have US citizenship and at least 2 years of Engineering, Technology or Defense industry experience on top of related degree (or comparable military background). No Exceptions. Some employers may require an active clearance.

Healthcare (7/20)

Medical experience and/or education required.

Government Agency (7/21)

Candidates must have US citizenship.

Job seekers must bring a hard copy of their resume to the event for evaluation prior to admittance. This is to ensure that all pavilion-specific qualifications are met. Resumes will be scanned and distributed to attending employers and uploaded to washingtonpost.com's resume database.

Employers contact: 1-877-842-3976 x18 or admin@expoexpertsllc.com

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lookout television

Welcome To Bravo's Miami

SERIES | Bravo's newest reality spectacle, "Miami Social," begins tonight at 10. The series follows seven wealthy 30-somethings as they deal with work, socializing and, mainly, amazingly juvenile relationship drama. The cast of characters feels random — in fact, the introductory song is dedicated to explaining how they are all connected.

George, we learn in the opening credits, was once married to Sorah. Sorah likes to hang out with Katrina, who is best friends with Michael. And so on and so on. Long story short — everyone's tan, everyone is roughly the same age, everyone has a lucrative job and everyone sort of knows each other.

Then comes the relationship drama. Hardy, a club owner, is



The cast of "Miami Social" lounges in front of the camera tonight on Bravo.

being hassled by his girlfriend, Trixia, to have a baby, already! George is involved in a love-hate courtship with the awkwardly sassy Lina, with his ex-wife acting as their couples counselor. Maria and Ariel are open to anything and anyone. Katrina and Ben are getting divorced, and Michael's on the prowl for his soulmate. The tumult is no surprise — Bravo's been in the game long enough to know that happy, settled folk make for boring TV.

KARMAH ELMUSA (EXPRESS)

tonight's lineup

SHOW THEM WHAT YOU HAVE

The performances continue on **AMERICA'S GOT TALENT** (8 and 9 p.m., NBC).

MUSICAL CLUES

A series of robberies may be linked to a mystical melody on **WAREHOUSE 13** (9 p.m., SyFy).

UP, UP AND FAR AWAY

A new look at the Northern Lights on **NOVA SCIENCENOW** (9 p.m., PBS).

BACK AT THE HOUSE

Julie Chen hosts **BIG BROTHER** (9 p.m., CBS).

PINEAPPLE DWELLER

SQUARE ROOTS: THE STORY OF SPONGEBOB SQUAREPANTS (9 p.m., VH1) celebrates the 10th anniversary of the popular cartoon.

FUNNY LADY

Carol Burnett guest-stars on a rerun of **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

HISTORY DETECTIVE

Peter Mancall is scheduled on **THE DAILY SHOW WITH JON STEWART**



"Square Roots: The Story of Spongebob" celebrates the sea creature.

(11 p.m., Comedy Central).

WOMAN FOR WOMEN'S RIGHTS

Leymah Gbowee is booked on **THE COLBERT REPORT** (11:30 p.m., Comedy Central).

LATE SHOW MUSIC FEST

Wilco with Feist perform on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE).

G37 on All Fours

Infiniti's new AWD coupe hammers the competition in price

SPORTY | What's an auto company to do with a sexy-looking car like the Infiniti G37?

Build more variations of it, of course.

The 2009 G37 lineup includes a new addition: an all-wheel drive coupe that's every bit as sleek and well-proportioned as its rear-wheel drive siblings.

But the electronically controlled all-wheel drive adds more sure-footed performance on slick roads. It also heightens sporty driving for enthusiasts on dry pavement, and it's the only 2009 G37 coupe with a seven-speed automatic tranny.

Also worth noting: The Infiniti's G cars are a recommended buy of Consumer Reports magazine, which calls the car's predicted reliability "excellent."

The all-wheel drive, two-door G37, however, has the highest starting retail price of all G cars. All G cars have the same engine: a powerful and easy-to-modulate 330-horsepower, 3.7-liter V-6.

G37x coupe competitors



Infiniti's 2009 G37 coupe has a seven-speed automatic transmission. Consumer Reports recommends the Infiniti G cars, calling their predicted reliability "excellent."

include the 2009 BMW 335xi coupe — which starts at \$44,925 with 300-horsepower six-cylinder, manual transmission and all-wheel drive — and the 2009 Audi A5 coupe with quattro all-wheel drive, manual transmission and 265-horsepower V-6. It starts at \$41,525.

The G cars have become the mainstays at luxury brand Infiniti, which is a unit of Japan's Nissan Motor Co. In the first half of this year, the G cars accounted for 55 percent of total Infiniti sales in the United States. ANN M. JOB (AP)

NUTS & BOLTS

→ 2009 INFINITI G37 COUPE

\$36,765

Powertrain: 3.7-liter V6, overhead cam, variable valve timing/camshaft and four valves per cylinder, multipoint injection fuel system | **Wheelbase:** 112.2 inches | **Measurements:** 187 inches long, 3,581 pounds | **Horsepower:** 328 at 7,000 rpm | **Torque:** 269 pound-feet at 5,200 | **EPA Fuel Economy:** 18 mpg city, 26 mpg highway

DISCUSSIONS

REAL WHEELS

I'm looking for a used but not too expensive roadster to drive around as a second car. Price range \$17,000-\$25,000, 2005-2008. I have narrowed it down to a Mazda Miata, Z4, S2000 or Nissan 350Z convertible. How would you rank them?

In your price range, I'd suggest the Miata (best for the money). I'll also offer two you should not overlook — the Pontiac Solstice and Saturn Sky, two good little roadsters that could be on their way toward becoming collectors' items.

With GM's emergence from bankruptcy, what changes will be most tangible for the consumer in regards to the way that business is done at GM?

The new GM will be more focused. Let's face it: It doesn't make much sense to sell essentially the same vehicles through multiple outlets that require their own marketing and other business arrangements. That money could go into better products and better materials. The new GM will be a global GM. Chevrolet, Buick and Cadillac already are global brands. They will remain so. I'll say it again: Bankruptcy is the best thing that ever happened to GM.

What is with these "active head restraints"? I have passed up buying several new cars (e.g., BMW) because the head restraints push your head so far forward that they prevent your shoulder blades from touching the seat back. I find that really uncomfortable, and I know many others feel the same way.

I'll say it again:
Bankruptcy is the best thing that ever happened to GM.

Your complaint is becoming legion. The problem is that we live in a world of trade-offs. Many of those old "comfortable" head rests were doing a lousy job of preventing or reducing neck injuries, such as whiplash, especially in rear-end crashes. To improve neck safety, car companies and their suppliers (led by Saab and Volvo, if memory serves correctly) redesigned headrests into substantially more effective (and obviously less comfortable) head restraints. Without embracing flippancy, I ask: Which would you prefer: a safe neck or a more comfortable place to rest your head? I get it. You want both. Point taken. The company that delivers both will be the company that wins.



washingtonpost.com

Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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Poll Center

ARE INVESTIGATIONS INTO BUSH ADMINISTRATION POLICIES A WASTE OF TIME?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 50%
NO 50%

"Yes, it's a huge waste of time. Let bygones be bygones and move the heck on. You can't move forward if you are constantly looking back."

COMMENTER AK

"Absolutely, it's a waste of time and money, although that's never bothered the senators in question before."

COMMENTER GRUMPY GORDY

"How can it be rational to investigate things like one president's bad real estate deals and sex life and not another's torture programs and surveillance policies?"

COMMENTER PHILIMUS, WHO ADDED, "WE OWE IT TO THE WORLD, AND OURSELVES, TO FIND OUT WHAT HAPPENED."

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"THE 'RWDC' HATERS assume that every person in the house is a total waste of space, a [horrible] stereotype who should be ridiculed non-stop. Guess what? The same could be said for the bulk of D.C."

SECULARFRIEND.WORDPRESS.COM IS STUNNED BY THE AMOUNT OF PRETENTIOUS D.C. BLOGGERS WHO CLAIM TO HAVE A PROBLEM WITH MTV'S "THE REAL WORLD" SHOOTING IN THE CITY.



JOHN MCDONNELL/TWP



"I ASKED THE NICE MAN behind the reception desk: 'Do you have a bar?' He looked exactly like someone would have looked at the D.C. Hilton if I'd loudly asked at the front desk, 'So, do you have porno movies on the TV in my room?'"

ADDISBLOG.TYPEPAD.COM IS FIGURING OUT HOW TO COVERTLY DRINK ALCOHOL IN PAKISTAN.



"You can question some of his managerial moves. You can question some of his lineups. But you can't say it's all Manny Acta's fault."

NATS320.BLOGSPOT.COM THINKS EX-NATIONALS MANAGER MANNY ACTA IS A GOOD GUY, IF NOTHING ELSE, ADDING, "MANNY WAS A CLASS ACT. HE NEVER PUT HIMSELF ABOVE THE TEAM."



"A nationally televised Supreme Court confirmation hearing [is] pretty intimidating for a rookie senator. But Franken's had experience at this confirmation game — in a way."

BLOGS.USATODAY.COM/ONPOLITICS REFERENCES A 1991 "SATURDAY NIGHT LIVE" EPISODE IN WHICH NOW-MINNESOTA SEN. AL FRANKEN PLAYED SEN. PAUL SIMON, D-ILL., IN A SKETCH ABOUT THAT YEAR'S JUDICIARY COMMITTEE HEARING ON THE NOMINATION OF CLARENCE THOMAS TO THE SUPREME COURT.

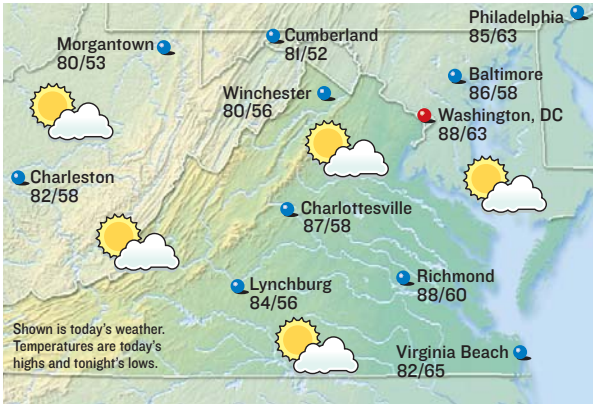
"I JUST THINK it would've been nice to have been raised in an environment where, instead of having it reinforced that it's OK not to fit in, I had been tossed into the lion's den and taught that I wasn't so special."

FREESILVER.WORDPRESS.COM AN ADMITTED GENTRIFIER, STILL CAN'T BRING HERSELF TO ACTUALLY TALK TO THE NATIVES IN HER NEW NEIGHBORHOOD.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Clear	Partly sunny, more humid	Partly sunny, a t-storm possible; humid	Partly sunny, a t-storm possible	Partly sunny, a thunderstorm
88°	63°	90° / 72°	89° / 71°	83° / 69°	83° / 69°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 88°
Low 70°
Normal high 88°
Normal low 70°
Average humidity 41%

Precipitation

24 hours ending 4 p.m. 0.00"
Month to date 0.13"
Normal month to date 1.51"
Year to date 23.26"
Last year to date 29.44"
Normal year to date 20.67"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

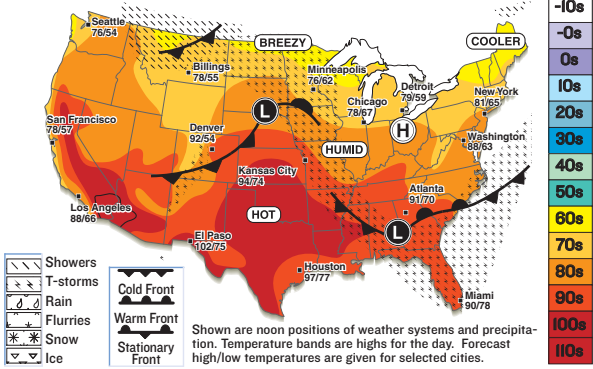
D.C. Metro: Today, mostly sunny. High 88. Wind west-northwest 7-14 mph. Tonight, mostly clear. Low 63. Wind north 4-8 mph.

Sun and Moon

Sunrise today 5:54 a.m.
Sunset tonight 8:33 p.m.
Moonrise today 11:59 p.m.
Moonset today 12:52 p.m.



National Weather for Tuesday, July 14



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	91/70/pc	92/73/t
Boston	78/58/s	79/65/pc
Chicago	78/67/pc	83/64/t
Dallas	102/78/s	100/78/s
Denver	92/54/pc	85/57/pc
Honolulu	88/76/pc	88/76/s
Los Angeles	88/66/s	88/66/s
Miami	90/78/t	91/80/t
New York City	81/65/s	82/72/pc
Orlando	90/74/t	92/74/t
Seattle	76/54/pc	79/57/s

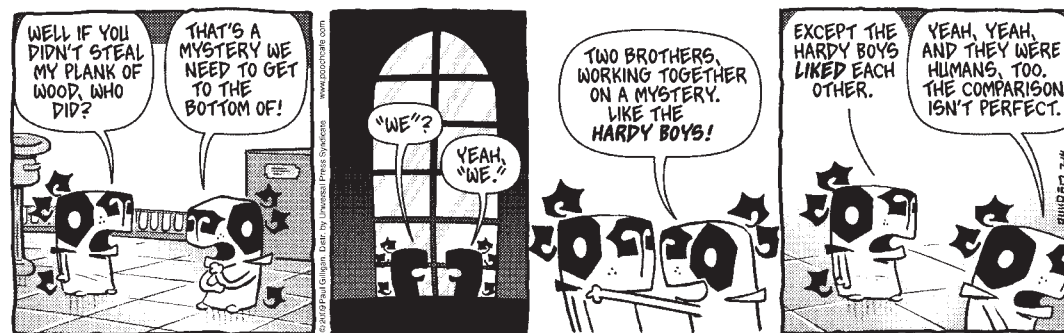
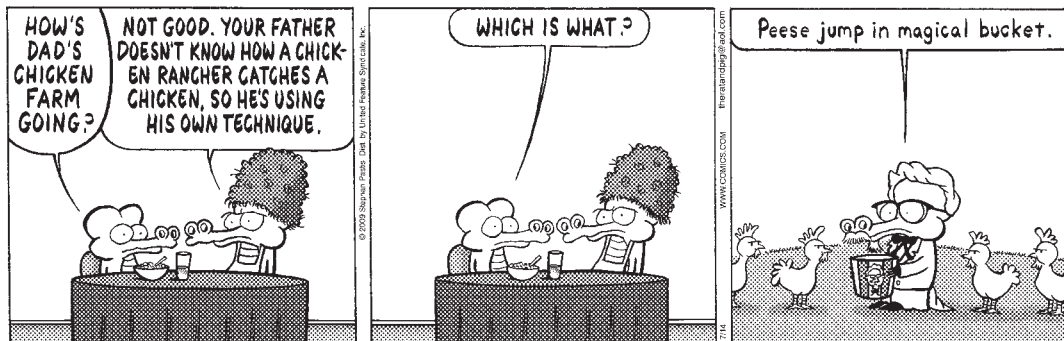
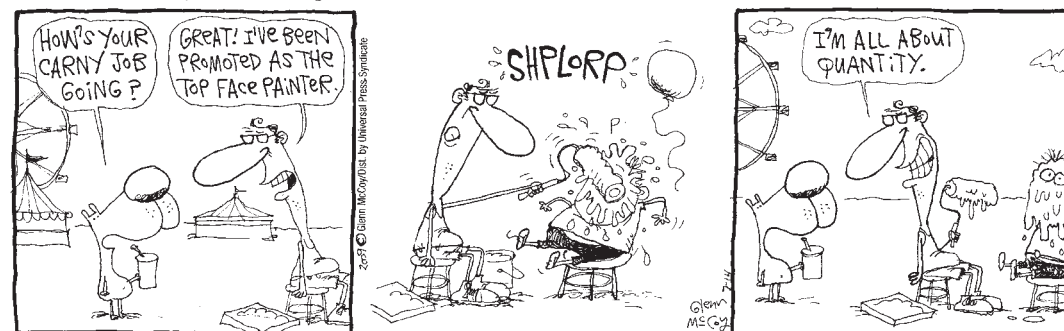
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	75/59/sh	73/57/s
Athens	88/73/s	91/73/s
Berlin	77/63/sh	81/61/c
Buenos Aires	57/41/s	55/43/c
Calgary	60/44/c	68/48/s
Dublin	64/50/r	66/54/sh
Geneva	84/64/t	80/61/pc
Moscow	81/57/c	75/55/sh
Rome	88/65/s	88/68/sp
Sydney	63/45/s	61/45/pc
Tokyo	86/73/c	90/77/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

Wasn't sure why, or even what it meant, but sometimes he just needed to make his presence felt.

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

CANCER (June 21-July 22) There are bound to be similarities between your work and the work of a rival and close competitor. Wait for your chance.

LEO (July 23-Aug. 22) The time has come to change your way of thinking about certain family dynamics — and, at the very least, accept what you do not like.

VIRGO (Aug. 23-Sept. 22) The ideas your mind explores while sleeping, and those it explores while waking, are closely related. Examine all options.

LIBRA (Sept. 23-Oct. 22) What begins as an idle curiosity is likely to become nothing less than a driving interest — and it may happen, all at once.

SCORPIO (Oct. 23-Nov. 21) You're likely to rub up against an opportunity that could bring you surprise enjoyment — and it's not likely to return.

SAGITTARIUS (Nov. 22-Dec. 21) You may forget where you're going for a time, but never forget where you came from — literally or symbolically.

CAPRICORN (Dec. 22-Jan. 19) Surround yourself with your favorites — of all types of people and things — and you may enjoy no end of contentment.

AQUARIUS (Jan. 20-Feb. 18) You and a close friend may experience something of a bump in the road as you disagree over a fundamental idea. It's only a phase.

PISCES (Feb. 19-March 20) Any deficiencies you may display can be quickly overcome by tomorrow. Expect no lasting ill effects at this time.

ARIES (March 21-April 19) A group effort yields quick results, but you're not likely to enjoy it, because you'll have to face a more difficult challenge alone.

TAURUS (April 20-May 20) You can grant a few important wishes simply because you're in the right place at the right time — and you've been listening.

GEMINI (May 21-June 20) You may be deceived by one who knows how you are likely to respond to certain developments. Don't wear your heart on your sleeve.

Today in History

1798 Congress passes the Sedition Act, making it a federal crime to publish false, scandalous or malicious writing about the U.S. government.

1881 Outlaw William H. Bonney Jr., alias "Billy the Kid," is fatally shot by Sheriff Pat Garrett in Fort Sumner, N.M.

1933 All political parties, except the Nazi Party, are outlawed in Germany.

1966 Eight student nurses are murdered by Richard Speck in a Chicago dormitory.

1999 Race-based school busing in Boston comes to an end after 25 years.

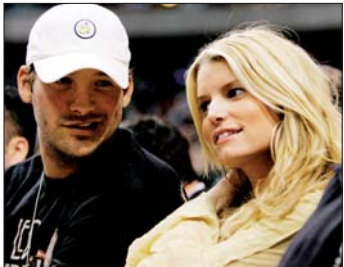
2004 The Senate scuttles a constitutional amendment banning gay marriage. (Forty-eight senators vote to advance the measure — 12 short of the 60 needed — and 50 vote to block it.)



The New Yorker featured this satirical cover of the Obamas on July 14, 2008.

2008 The New Yorker magazine features a satirical cover showing presidential candidate Sen. Barack Obama, D-Ill., dressed as a Muslim and his wife, Michelle Obama, as a terrorist. (The Obama campaign calls the cover "tasteless and offensive.")

lookout people



Break-up tweet from Jessica: "Everyone needs to know that hope floats."

SPLITS
Simpson Free to Curse Another Sports Team

TONY ROMO and JESSICA SIMPSON broke up on Thursday, People.com reported. "She is heartbroken," the anonymous source told People. "She loves Tony. But it's been difficult lately. He's busy with his career, and she's getting ready to shoot her show. They decided to part ways." (EXPRESS)

KIDS
Jon Minus Kate Plus Eight Units of Free Labor

JON GOSSELIN and new girlfriend Hailey Glassman will be designing a line of children's clothing for brand Ed Hardy, People.com reported. His eight children will reportedly model the outfits in advertisements. (EXPRESS)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at www.expressnightout.com.

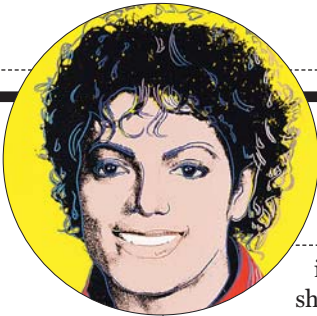


NO WAY!
Actual Talent Cast

NEIL PATRICK HARRIS, who won acclaim hosting the Tonys, will fill the same role for the prime-time Emmys. "After having had such a hoot hosting the Tonys, I was thrilled to get the call about the prime-time Emmys," said Harris, adding that he looks forward to "adding my own voice" to the ceremony: "But which voice to choose? I'm torn between gangsta, foppish Brit and robot." (AP)

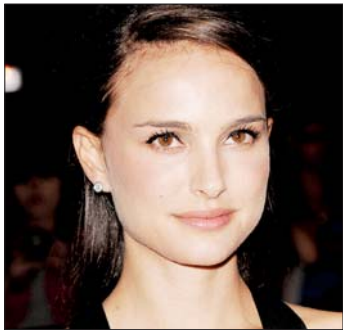
WELCOME!
Art Snobs Can Now Participate In Sordid M.J. Death Hoopla

An East Hampton, N.Y., art gallery has temporarily removed an Andy Warhol portrait of MICHAEL JACKSON from the auction block. The Vered Gallery says enormous interest prompted the decision. The auction was to close Sunday. The painting, which is 30



Express should charge you for looking at this picture.

inches by 26 inches, shows a smiling Jackson in a red jacket from his "Thriller" days. Pre-sale estimates ranged anywhere from \$1 million to \$10 million. Gallery co-owner Janet Lehr says in a statement she wants to offer the 1984 work to "the greatest number of prospective purchasers." (AP)



A superhero's love interest needs to have strong opinions on foreign policy.

WASTE
Actress Puts Indie Cred, Harvard Degree to Use

NATALIE PORTMAN is storming back into action films with a role in the comic-book adaptation "Thor." She is cast as Jane Foster, a nurse and the first love of the title character. According to Marvel Studios, the character is being updated for the movie version of "Thor," in which the Norse warrior is cast down to Earth to live among humans. (AP)

CHARITY
Diaries to Benefit Cancer Research

One of FARRAH FAWCETT's closest friends, Alana Stewart, is publishing a diary she kept as the actress battled cancer and then died last month. Publisher William Morrow, an imprint of HarperCollins, says "My Journey With Farrah" will be released in August. Some of the proceeds will be donated to the Farrah Fawcett Foundation for cancer research. Stewart, an actress and former wife of rock star Rod Stewart, has appeared in such films as "Swing Shift" and "Funny Lady." (AP)



fit

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puzzles lookout

CROSSWORD | SUMMER VACATION

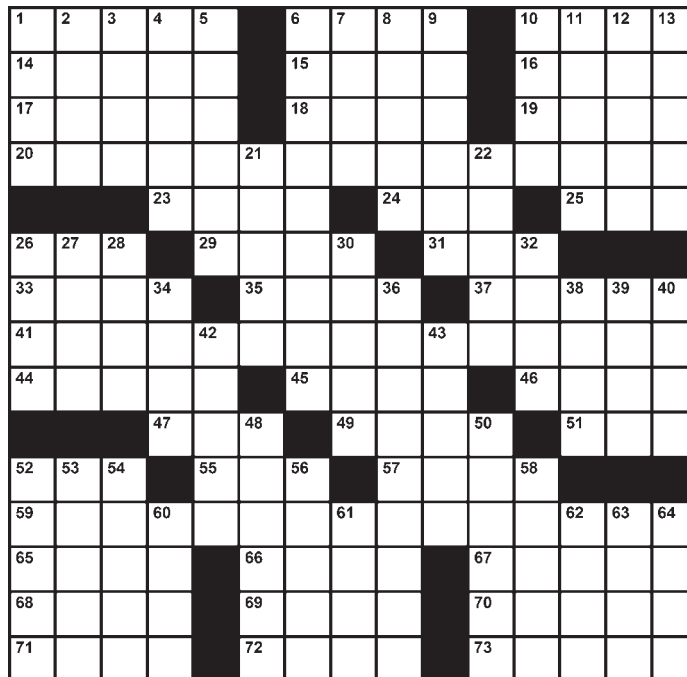
ACROSS

1 "The 39 ____"
6 Type of pear
10 Low range
14 Woman who lost her Butler
15 Third Genesis male
16 Back of the kitchen?
17 Old-time actor Karloff
18 Was a passenger
19 People often stick with it
20 Beach sights
23 Rowland of a famous department store
24 Barracks VIP
25 Wild blue yonder
26 ____ Dolorosa
29 Once around the sun
31 Greetings
33 Hawkeye State
35 It's in the eye of the beholder
37 Racket
41 Beach sights
44 So far
45 Boarding pass datum
46 Plunk down
47 Droll humorist
49 Messy type
51 Place to wallow
52 Louisville Slugger wood, perhaps
55 Little john?
57 Give off
59 Beach sights
65 "The Handmaid's

DOWN

1 Weeps
2 Biblical pronoun
3 Make money
4 Spectrum revealer
5 Move nonchalantly
6 Farm enclosures
7 Wind up on the stage?
8 Midsize car
9 Grip tightly
10 Pleads
11 Place of legends
12 Smelled awful
13 Rundown
21 Immobilize through freezing
22 "Nothing ____!"
26 MasterCard alternative
27 Debtor's notes
28 Out of whack
30 Gets up
32 Minestrone, e.g.
34 Not my
36 Type of cost estimate
38 Misfortunes

EDITED BY TIMOTHY E. PARKER



39 Piggy bank opening
40 Spot at a distance
42 Beatles song
43 Chemistry class models
48 Stranded motorist's need, perhaps
50 Resentful
52 Fall bloom

53 Get rid of stubble
54 Lady of Troy
56 Worth
58 Dodgers manager Joe
60 Hot cross buns season
61 Au naturel
62 "____ of your business!"
63 Wicked
64 Notices

Yesterday's Solution



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SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

6	3	7	8	2	9	5	4	1
1	4	2	3	5	7	9	8	6
8	9	5	4	1	6	2	7	3
9	7	1	2	4	3	6	5	8
2	6	4	9	8	5	1	3	7
5	8	3	6	7	1	4	9	2
4	5	6	7	3	2	8	1	9
3	2	8	1	9	4	7	6	5
7	1	9	5	6	8	3	2	4

7			9	5				
			4	3				
	2			8	4		6	
	8						6	
	6		1	4		3		
	1				2			
5		3	2		7			
			3	9				
			4		1			3

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express PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCABARO | WEB SITE EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ARTS EDITOR—ARION BERGER
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DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY
PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



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